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P.82

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TAYLOR SWIFT on Finding Strength

MICHELLE OBAMA on Reaching Higher

LENA DUNHAM on Standing Out

+More Awesome Advice Inside



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Karlie Kloss



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MAY

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 BLACK LINER**
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ON MODELS (HELLO, SUMMER, LEFT/RIGHT): TOP TRIANGLE SWIMWEAR, SUNGLASSES, WILDFOX SUN, NECKLACE, VANESSA MONTE; (HELLO, SUMMER, RIGHT) WEYSUIT, MOTHER OF ALL THINGS, SUNGLASSES, WESTWARD LEARNING, EARRINGS, EARTHY CHIC, OUTFIT; NECKLACES, INDIVIDUAL DYE DESIGNS



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 You'll pretty much own the beach in these standout styles.



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MUST SHARE NOW

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SARAH HYLAND

The *Modern Family* star reveals her secret to happiness and more.

BEHIND THE SCENES WITH SARAH HYLAND

• **Field of Dreams** Sarah was photographed at Big Sky Movie Ranch in Simi Valley, CA, and that grassy plain is almost as famous as she is. Tons of movies and TV shows have been filmed there, including *Saving Mr. Banks*, *True Blood*, and *The Office*.

• **On the Menu** When it was time for lunch, Sarah chose good-for-you fresh salmon and salad. But her major

on-set snack request? Strawberry Pop-Tarts.

• **Puppy Love**

On breaks, Sarah chatted with her hairstylist and also stopped to play with Soy, photographer Yu Tsai's French bulldog and "personal assistant."

Fun fact: The pooch, aka @soy_the_frenchie, has more than 15,000 Instagram followers!



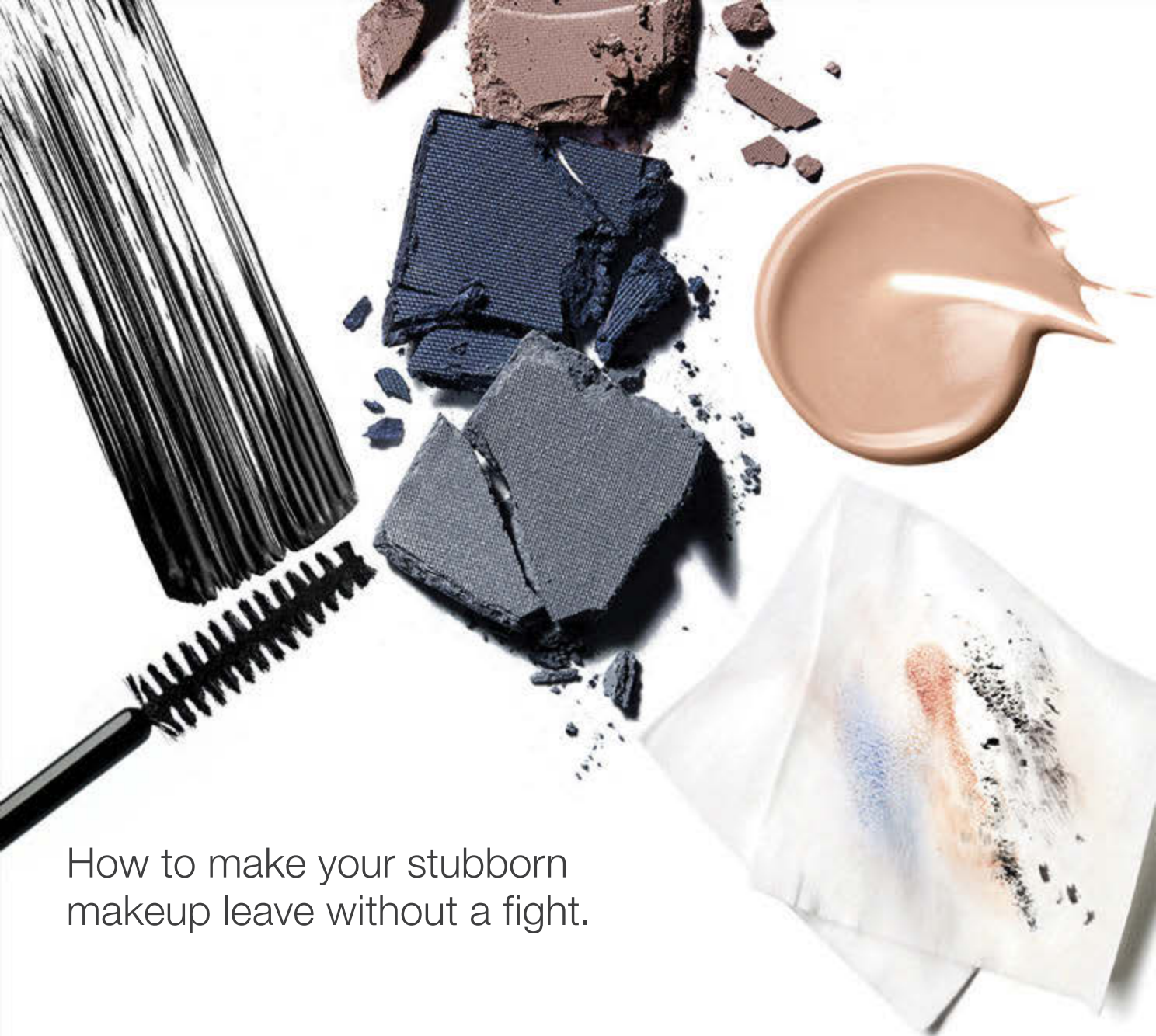
To get Sarah's look:

Try Eye Shadow Quad in Va Va Violets, Full Lash Bloom by LashBlast Mascara, Smoochies in Sweet Tweet, and XL Nail Gel in Bodacious Berry, all by CoverGirl.

On Sarah (newsstand cover) lace dress, Veronica Beard; gold bangle, Gillian Steinhardt; hoop earrings (worn throughout), THP; rings, Gorjana; (subscriber cover) crop top, Mother of Pearl; tiered skirt, Rebecca Taylor; triple-band ring, Pamela Love; loop ring and double-band ring, Joolz by Martha Calvo; (main photo, above) halter dress, Tanya Taylor; gold arrow bracelet and thick gold ring, Jennifer Fisher; thin gold bracelets and thin gold rings, Jacquie Aiche; black sandals, Jimmy Choo; (inset) flowy dress, Vera Wang; gold and silver cuffs, Pamela Love; gold sandals, Loeffler Randall.

Senior Fashion Editor: James Worthington DeMolet. Hair: Riawna Capri and Nikki Lee. Makeup: Mai Quynh. Manicure: Christina Aviles. Photographs: Yu Tsai.





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Congratulations, Class of 2015! It's that time of year when all your hard work ends with an oversize polyester gown that doesn't breathe (you've been warned), a cardboard hat with a tassel (remember: right to left), and a diploma that serves as your ticket to the next incredible chapter in your life.

For this special occasion, we want to inspire you, encourage you, and reinforce how much we believe in you. So we asked eight incredible women to write commencement speeches just for all our *Seventeen* grads—and for anyone who needs **an extra helping of motivation**. First Lady Michelle Obama talks about the value of higher education. Taylor Swift shares the perfect motto that you can live by. And *Orange Is the New Black* star Laverne Cox reveals how the **love from friends can help combat the haters**.

One of my favorite speeches comes from our cover girl, Sarah Hyland. When I first talked to her about this project, Sarah told me, "I have never written anything for a magazine. It's why I really want to do this. I like to challenge myself." That's why we love her: because she is always looking for opportunities to learn and grow.

That would be my advice for all of you: **Pursue the challenges; skip the complacency**. When a fear about what lies ahead mixes with an excitement for what you might achieve, you're in the right place. Push yourself. Trust yourself. And know that **just being yourself will get you so far**.

I'm excited to see all of your great accomplishments! And I would love to hear all the great words of wisdom that really had an impact on you.



**GRAD
THROWBACK**
Shout-out to
Liverpool High
School, Class of a
Looong Time Ago.



Michelle

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OUR FAVE READER COMMENTS

@alle23

Fave line from "My Boyfriend Was Ashamed of My Body" is "pretty comes in sizes other than zero."
#love seventeenmag #love yourself

@kaitlinmanion

@seventeenmag Festival Finds had me READY for summer

@bohobeanies

I loved your interview with Meghan Trainor! She helped me realize that my size doesn't matter if I want to sing or act... my passion does!



@jillmoffa

The iced green tea recipe in @seventeenmag March issue amped my morning. Grapefruit juice was a touch

@LauraRoleModel

Favorite thing about @seventeenmag has to be all the makeup and beauty tips. When I want to try something new I always look in the magazine.

@shuitink

Working on my spring break bod by trying @seventeenmag strike kicks in the gym. Let's just say #absfordays

@rachhny

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REFLECTIVE SUNGLASSES Quay Australia.
WHITE SLIP-ONS Missguided.



WHAT YOU'RE PINNING

Scale nails! Give your mani this mermaid-y touch: Wrap painted nails in mesh, then dab silver polish onto the ends with a sponge.

For more fun and easy tips, visit pinterest.com/seventeen.

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“the glass is always half full
on **sunday funday.**”

Essie

6 of our
fun faves.
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GIRL
CRUSH!

Britt Robertson

Get to know *The Longest Ride* actress, who next stars in *Tomorrowland* (out May 22).

Your characters in both films have strong personalities. Are you like that too?

I'm very driven. I've learned that life is about working toward your goals but also undertaking the more unexpected things that come up—the ones you don't have control over.

How do you spend your downtime?

I was into knitting for a while. I made a blanket during *The Longest Ride*. I'm also into self-help books. *The 5 Love Languages* is my favorite. You learn so much about how people communicate.

You've been dating Dylan O'Brien for three years now. What's he like as a boyfriend?

He's so good-hearted and sweet. I brought up loving scavenger hunts maybe once a long time ago, and then for my last birthday, he made me a giant one that ended with all my favorite things.

—ALEX ABEL

MARK
YOUR
ICAL



HUG YOUR CAT DAY
Squeeze your furry BFF on **May 3**. There's never a thing as too much love.



NO SOCKS DAY
Let your toes go commando on **May 8** and take your fave new sandals out for a spin.



LEARN TO SWIM DAY
Shout-out to **May 16** for giving us a reason to have some pool time.



PIZZA-PARTY DAY
Um, as if you needed an excuse to eat pizza. But on **May 15**, go big!



WORLD BAKING DAY
Dig into your most aspirational Pinterest recipe on **May 17**.



MUSICAL INSTRUMENT DAY Want to strum a guitar like Ed Sheeran does? **May 22**, it's on!

IT'S NATIONAL HAMBURGER MONTH!

Celebrate by putting a morning twist on your craving.



"I love a breakfast burger," says *Glee* star and budding chef Alex Newell. "I make mine with a spicy sausage patty, a fried egg, and then top it with homemade maple whip—a combo of syrup and whipped cream. It's spicy and sweet!"



BRING ON THE B.L.E.B!
A bacon, lettuce, and fried-egg burger is perfect for brunch.

CAN'T GET ENOUGH OF

Maddie Ziegler

What lies beneath that wig? A dancer who adores Sam Smith!

ON PERFORMING AT THE GRAMMYS WITH KRISTEN WIIG: "When Sia texted me about it, I freaked out. Kristen is amazing. She was so nervous people would make fun of her, but she did so well. I got to meet Sam Smith backstage, and he told me in his accent that he's a big fan. I couldn't breathe, it was so cool."

ON HER FAMOUS WIG: "I'm like Hannah Montana. With my brown hair, that's the person no one really knows, but with the wig on, people know who I am. I'm used to wearing it now, but it hurts my head really bad. I'm doing tricks and flips, so I have to have a lot of pins in it. Sometimes I'm just like, 'Can we get this wig off?'"

ON WHAT'S NEXT: "I would love to be in a TV series or a movie. I want to dance, of course, but I'm not sure where I want to take it. I'm still taking singing lessons, but I'm definitely not as good as my sister [Mackenzie, 10]. I'm only 12, so I have awhile."



With Kristen Wiig at the Grammys (inset) and on the red carpet in Australia.

GET APP-Y

Kanvas

Ring the (iPhone) alarm. With this artsy app, you can deck out your photos; make GIFs, videos, and flipbooks; and paint on a digi-canvas all in one place. You'll be blowing up all your friends' phones like whoa.



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Let's Play... Book Math!

It's like your on-screen obsessions came together to create these page-turners.



= **THE HEIR** by Kiera Cass

The Bachelorette's multisuitor search for love meets *Reign's* old-timey royalty in *The Heir* (out May 5)! The fourth book in Kiera Cass's series follows Eadlyn, King Maxon and Queen America's teen daughter, as she tries to find her prince.



= **SOPHOMORE YEAR IS GREEK TO ME** by Meredith Zeitlin

When Zona's father makes her move to Greece for his job in *Sophomore Year Is Greek to Me*, she's dreading it. She's not just leaving her BFFs, but she also has to meet a whole side of her family she's convinced wants nothing to do with her.



= **SAINT ANYTHING** by Sarah Dessen

After Sydney's brother causes a drunk driving accident, she's lost. But in *Saint Anything* (out May 5), a new family takes her under their wing. Expect romance, pain, and major life lessons.



= **THE FILL-IN BOYFRIEND** by Kasie West

PLL is known for dramatic school dances. Mix that with a *Faking It*-type secret and you get *The Fill-In Boyfriend* (out May 5). When Gia's BF dumps her before prom, she is desperate and begs a stranger to be her new bae just for the night.





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FASHION



TROPICAL PUNCH

Palm-tree prints are getting planted on *everything*—shirts, shoes, jackets, you name it! Think of them as next-level florals.

JACKET

TOP

SHORTS

All Cut25 by Yigal Azrouël.

MODEL MOMENT

Name: Megan Mohr

Hometown: Eatonville, WA

Instagram: @modelmeganmmohr

Why she started modeling:

"Kids in class used to call me Big Bird because I'm 5'11". Now I can show girls that we're all beautiful no matter what anyone says."

DESIGNER MOMENT

Label: Cut25 by Yigal Azrouël

Instagram: @cut25

The scoop: The celeb-fave designer (Kat Graham and Ashley Greene are fans!) has called his print-tastic spring collection "street but fresh."

MAKE A SPLASH!

Dive into these playful trends and stand out in a sea of basic bikinis.

CUTOUT SUITS



WHAT ABOUT WEIRD TAN LINES?

Cutouts call for two times the coverage: Use an SPF lotion at home, then layer with a mist every hour.

Neutrogena CoolDry Sport Sunscreen SPF 30, \$10, drugstores; Banana Boat Sun Comfort C-Spray SPF 30, \$8, drugstores



STRAPPY SWIMSUIT
Beach Riot, \$130, beachriot.com.
NEON HAT Juicy Couture by Black Label, \$48, juicycouture.com (similar styles).
BLUE NECKLACE Orly Genger by Jaclyn Mayer, \$340, jaclynmayer.com.
PINK NECKLACE Krystal Sasso, \$45, krystalsasso.com.



POLKA DOTS Sofia by ViX, \$132, sofiabyvix.com



KALEIDOSCOPE Xhilaration, \$25, target.com



TRIBAL Wildfox Swim, \$172, wildfox.com



COLOR-BLOCK Flagpole Swim, \$398, flagpoleswim.com



ORANGE Topshop, \$65, topshop.com



STRIPED Op, \$26, walmart.com

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RASHGUARD TWO-PIECES

MULTICOLOR SET Top, \$175, and bottoms, \$95, Milly Cabana, milly.com.
REFLECTIVE PURPLE SUNGLASSES Westward Leaning, \$180, westwardleaning.com.
TWO-TONE WATCH Marc by Marc Jacobs, \$150, marcjacobs.com.



CHEVRON Top, \$120, and bottoms, \$85, MI OLA, mi-ola.com



CHEETAH Top, \$52, and bottoms, \$44, Volcom, volcom.com



TIE-DYE Lucky Brand, \$58 each piece, everythingbutwater.com



SOLID STRIPES Top, \$68, and bottoms, \$48, Splendid, swimspot.com



TROPICAL Top, \$32, and bottoms, \$20, Live Love Dream, Aeropostale stores and lld.com



FLORAL Top, \$60, and bottoms, \$31, Body Glove, bodyglove.com/girl

MODEL MOMENT

Name: Alayzia Christopher
Hometown: Orlando, FL
Instagram: @laay_x3

College major: "I'm a nursing student at the University of South Florida. Go, Bulls!"

Favorite hobby: "Shopping! My parents are always yelling at me for spending too much money."



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MARC JACOBS



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MARCJACOBSFRAGRANCES.COM

MACY'S AND MACYS.COM

HIGH-NECK BIKINIS

LACE-UP BIKINI

Top, **\$138**, and bottoms, **\$108**, MIKOH, mikoh.com. **SUNGLASSES** Le Specs, **\$60**, lespecs.com.

BRACELETS (left arm) boho cuff, Karen Egren, **\$85**, karenegren.com; thin gold bangle, Elizabeth and James, **\$115**, saks.com; (right arm) gold bangles with gem, Elizabeth and James, **\$125** each, saks.com; thick gold cuff, Cast of Vices, **\$185**, castofvices.com.



KEYHOLE Top, **\$48**, and bottoms, **\$40**, Roxy, roxy.com



GEOMETRIC Top, **\$17**, and bottoms, **\$15**, Forever 21, forever21.com



LACY LAVENDER Top, **\$40**, and bottoms, **\$30**, Aerie, aerie.com



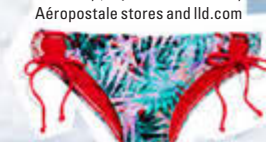
PASTEL Top, **\$32**, and bottoms, **\$28**, Arizona, jcpenny.com



WEBBED Hurley, **\$45** each piece, hurley.com



ABSTRACT JUNGLE Top, **\$24**, and bottoms, **\$20**, Live Love Dream, Aéropostale stores and lld.com



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Marilyn Monroe

Matched set. Top. \$29.
Skirt. \$39.

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★ macy's
com

PLAY UP YOUR SHAPE IN...



BIKINIS

SMALL BUTT

REQUEST: "Bottoms that sag are the worst. What style won't make me look flatter?" —**Bri, 16**

SOLUTION: Give your bass more boom with a ruched back. The scrunchy detail adds volume.

RUCHED BACK

Top, \$92, and bottoms, \$70, Zinke, shopzinke.com

LARGE BUST

REQUEST: "I want to be able to dive in the pool without worrying about popping out." —**Audrey, 19**

SOLUTION: A sports bra top will help hold you in. (The zipper lets you control how much.)

ZIPPED COLOR-BLOCK

Top, \$70, and bottoms, \$60, Body Glove, bodyglove.com/girl

SMALL BUST

REQUEST: "I'd love to find a top that adds a cup size but isn't padded like crazy." —**Janessa, 18**

SOLUTION: Go for a bustier! The cups have underwire, which gives you a little more oomph.

COLORFUL STRAPLESS

Top, \$103, and bottoms, \$77, Zinke, shopzinke.com

CURVY

REQUEST: "Support, please! And bottoms that don't slip or dig into my hips." —**Emily, 18**

SOLUTION: Thick straps and a high waist complement curves—and won't budge.

HIGH-WAISTED POLKA-DOT

Top, \$40, and bottoms, \$44, Unique Vintage, uniquevintage.com

BOLD SWIMSUITS

You let us in on your shopping challenges, and we found the best picks for your body.



ONE-PIECES

CURVY

REQUEST: "Does a fun tank suit exist that's flattering and not old lady-looking?" —**Emily**

SOLUTION: Skip solid colors and look for cool details like funky straps and vibrant patterns.

FLIRTY AZTEC
Swimsuitsforall, \$78,
swimsuitsforall.com

SMALL BUST

REQUEST: "One-pieces can make you look so . . . flat. What will help fill me out?" —**Janessa**

SOLUTION: Your frame is perfect for a plunging neckline. It'll show just the right amount of cleavage.

UNTAMED-PRINT KEYHOLE
Splendid, \$108,
swimspot.com

SMALL BUTT

REQUEST: "My booty looks invisible in most suits! I want to draw some attention to it." —**Bri**

SOLUTION: Cutout backs and poppy prints act like a cute "notice me" sign.

CONFETTI SQUARES
Shoshanna, \$198,
shoshanna.com

LARGE BUST

REQUEST: "I love cutout suits, but they can squish big boobs. Any way to fix that?" —**Audrey**

SOLUTION: Look for sculpted cups and side-boning. They'll give the girls shape and separation.

AFRICAN-RHYTHM CUTOUT
Gottex, \$182, Everything But Water stores,
everythingbutwater.com

"Sheer is a big trend this spring, and this is such a fun way to wear it. Try it with a crop top."

ILLUSION SKIRT, \$70

"Graphic tees are great conversation pieces—and totally Instagrammable!"

CAPRI TEE, \$40

"The color of the sea is so beautiful in Capri. It inspired the shade of these shorts!"

COBALT SHORTS, \$44

LUXE FOR LESS

ISLAND TREASURES

Take a Mediterranean holiday—on a staycation budget!—with Milly's line for Kohl's.

MEET THE DESIGNER



MICHELLE SMITH

How would you describe Milly's signature style?

Bold and feminine with an edge—with lots of color, prints, and special fabrics.

What was your inspiration for the collaboration?

I recently went on vacation to the island of Capri in Italy, where they have the word *sprezzatura*, which describes an effortlessly chic way of dressing.

What are the top five places every girl must visit once?

New York, Paris (I attended design school there!), Italy (especially Florence and Capri), Istanbul, and Tokyo.

"This skirt is so versatile. You can mix and match it with all the tops from my line."

BRIGHT SKIRT, \$50

"In the Mediterranean, white and blue is everywhere. It's gorgeous."

FLORAL TANK, \$38

"Throw it on with sandals when you go to the pool, or dress it up with a belt and heels at night."

IKAT JUMPER, \$64



Spring 2015

Inspired By Me!
Vanessa

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#STYLEGOALS YOUR **NEW** STAPLES

The hunt for warm-weather favorites is on! Start with this It List.

RAFFIA BAGS

Nothing says you're down for summer fun like a colorful straw purse.

"ALOHA" BACKPACK
Topshop, \$50,
topshop.com



CARACAS TOTE
J.Crew, \$115,
jcrew.com



SAVANNAH CLUTCH
Charming Charlie, \$22,
charmingcharlie.com



SICILIAN BASKET
Muzungu Sisters,
\$310, muzungu
sisters.com



FLARE SKIRT BCBGeneration, \$88, bcbgeneration.com



BLUE SKIRT Bongo, \$34, sears.com

FLIPPY MINIS

Pleats show off your girly side—and your great legs.



POLKA-DOT SKIRT Oldenboye, \$42, jcpenny.com



Victoria Justice

STILL LIVES: JESUS AVILA/STUDIO D. JUSTICE: PAUL ARCHULETA/GETTY IMAGES.



HEELED GHILLIES
Aldo, **\$140**,
aldoshoes.com

LACED GLADIATORS
Cynthia Vincent,
\$245, shopbop.com

GLADIATOR SANDALS

Low or knee-high, the warrior look lends a tough touch to sweet dresses.



CORAL SANDALS
Circus by Sam Edelman, **\$45**,
circusbysamedelman.com



STUDD SANDALS
Forever 21, **\$30**,
forever21.com

BUSTIER TOPS

Take the crop top up a notch with this super-flattering, feminine shape.



PRINTED BUSTIER
Sam Edelman, **\$79**,
samedelman.com



RED BUSTIER
Nanette Lepore, **\$228**,
nanettelepore.com



LEOPARD BUSTIER
Nasty Gal, **\$52**,
nastygal.com



FLORAL BUSTIER
Material Girl, **\$40**,
macys.com



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SILVER EARRINGS
Freedom at
Topshop, **\$19**,
topshop.com

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Taylor Swift

floral



SCUBA CUTOUTS
Seventeen Fashion Collection at Sears, \$48, sears.com



HYDRANGEA FLORAL
Artelier Nicole Miller, \$345, nicolemiller.com



TWO-TONE
Ella Moss, \$248, ellamoss.com

white



OPEN SHOULDER
ABS by Allen Schwartz, \$275, saks.com



STRAPLESS Express, \$80, express.com



HIGH NECKLINE
Shoshanna, \$340, shoshanna.com



Shay Mitchell

lace



Meghan Trainor



CROCHET LACE GB, \$109, dillards.com



MESH LACE
Bebe, \$129, bebe.com



EMBROIDERED LACE Laundry by Shelli Segal, \$185, nordstrom.com

A woman with long, dark, wet hair is sitting in the ocean. She is wearing a white tank top with the word 'SUMMER' printed in large, colorful, block letters. She is also wearing patterned swim bottoms. The background shows a sandy beach and a blue sky with white clouds. The overall mood is sunny and relaxed.

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South Carolina

CAMPUS CHIC

CollegeFashionista.com hit the quad to learn how these undergrads turn up the charm for class.



"I woke up excited, so I transferred that energy into a fun and flirty outfit. I love to overdress!"

—Tailah, 23, Hotel, Restaurant, and Tourism Management major



"The weather is unpredictable, which is why I wear dresses that I can slip a jean jacket over if it gets chilly."

—Alissa, 20, Broadcast Journalism major



"My fave new thing is layering a long lace tank under my crop tops. It's really versatile."

—Kristy, 20, Fashion Merchandising major



"I love being super-girly, but I change my style every day. In college, there's no pressure to fit one mold."

—Alana, 22, Public Relations major

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urbanog.com



\$25

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Aéropostale
stores and
aeropostale.com



\$15

PHONECASE
Ankit LLC,
modcloth.com

TOTAL
\$49

UNDER \$100



\$25

TANK
American
Eagle
Outfitters,
ae.com



\$20

SHORTS Forever 21,
select Forever 21 stores
and forever21.com



\$50

SHOES
Keds, DSW
stores and
dsw.com

TOTAL
\$95

UNDER \$150



\$64

PONCHO
Miss Me,
nordstrom.com

\$68

SWIMSUIT
BB, Dillard's
and dillards.com



\$10

BRACELETS
ShopSosie,
shopsosie.com



TOTAL
\$142

Deni Levato

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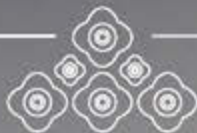
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DiorSkin Nude Tan Tie Dye
Edition Blush Harmony in
Coral Sunset, \$57, dior.com

the new metallics

THE HOTTEST MAKEUP TRENDS
RIGHT NOW COME IN THESE ICY
COOL SHADES. **by Jillian Ruffo**

EYES

Ice, ice, baby! Silver shadow pops against all skin tones.

SET THE BASE Apply pewter shadow (find your perfect shade below) to your entire lid. Use a damp brush to deposit the most color, says James Boehmer, Director of Global Artistry at NARS and the man behind these looks.

TOP IT OFF Get a mirror-like finish by dusting finely milled silver glitter (like Em Cosmetics's, below) on top of the shadow for twice the shine.

IF YOU'RE DARK...

Milani Bella Eyes
Gel Powder
Eyeshadow in
Bella Gray, \$4,
CVS stores

IF YOU'RE FAIR...

Stila Magnificent
Metals Foil Finish
Eyeshadow in
Comex Platinum,
\$32, sephora.com

IF YOU'RE TAN...

NARS Shimmer
Eyeshadow in
Euphrate, \$25,
narscosmetics.com

TOP IT OFF...

Em Cosmetics Color
Facets in Moonlight
Shimmer, \$16,
emcosmetics.com

MODEL MOMENT

Name: Kayla Rebentisch
Hometown: Bellmore, NY
Instagram: @krebentisch
Her fave beauty trend:
"Eyebrows. The bigger
they are, the better."



LIPS

Get in on the '90s comeback with a frosty pout.

SET THE BASE Cancel out any warm tones in your lips with a blue-based mauve lipstick, says Boehmer.

TOP IT OFF Frost yourself by patting a pearly loose shadow (like MAC's) on your lips, starting from the center and blending outward.

MODEL MOMENT

Name: Pauline Prieto
Hometown: Manila, Philippines
Instagram: @paulinecamille
Where she would wear this look: "On a school-to-casting-to-date kind of day."

TOP IT OFF...

MAC Cosmetics Pigment in Silver Fog, \$21, maccosmetics.com

IF YOU'RE FAIR...

Clinique Long Last Lipstick in Silvery Moon, \$16, clinique.com

IF YOU'RE TAN...

NYX Cosmetics Wicked Lippies in Power, \$6, nyxcosmetics.com

IF YOU'RE DARK...

Wet n Wild Silk Finish Lipstick in Cashmere, \$2, drugstores

CHEEKS

Shimmery (not glittery!) pink blush catches all the light—hellooo, cheekbones!

SET THE BASE Get a natural-looking flush by brushing a red-based powder (think the shade you turn during a Traumarama moment) from the apples of your cheeks to your temples, says Boehmer.

TOP IT OFF Score h-core sheen by running a creamy white-pink highlighter (we love NARS's, below) along the highest points of your cheekbones.



MODEL MOMENT

Name: Austria Ulloa
Hometown: San Juan de la Maguana, Dominican Republic
Instagram: @AustriaUA
Where she gets her beauty inspo:
 “Zoë Saldana is so effortlessly beautiful. She always looks radiant and classy.”

IF YOU'RE FAIR...

Lancôme Blush
 Subtil in Shimmer
 Pink Flammes, \$30,
lancome-usa.com

IF YOU'RE TAN...

Clinique Blushing
 Blush in Berry
 Delight, \$21,
clinique.com

IF YOU'RE DARK...

NARS Dual Intensity
 Blush in Fervor, \$45,
narscosmetics.com

TOP IT OFF...

NARS The Multiple in
 Copacabana, \$39,
narscosmetics.com



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WILL HAVE YOU READY IN SECONDS.

by Jillian Ruffo



REBECCA MINKOFF

GALLIANO



BADGLEY MISCHKA

SLEPT-IN WAVES

Give your curling iron a rest. Right now, it's all about messy woke-up-like-this texture. Just sleep in two (very) loose damp braids, then unravel and mist with salt spray in the A.M. to add piecey-ness.

lazy-girl must-haves

THESE FOUR PRODUCTS MAKE
MORNINGS SOOO EASY.

dry shampoo

Go ahead, hit snooze. This baby will let you skip a shower.

Pantene Blowout Extend Dry Shampoo, \$7, drugstores



pomade

It's awesome for holding braids together and taming flyaways.

Garnier Fructis Style De-Constructed Pixie Play, \$5, drugstores



salt spray

This spritz is the key to tousled, beachy styles.

OGX Moroccan Sea Salt Spray, \$8, ULTA stores

texturizing spray

Part dry shampoo, part hairspray—it gives hair a matte, trendy texture.

Not Your Mother's Double Take Dry Finish Texture Spray, \$7, ULTA stores



bonus tip
If your waves fall quickly, finish with a texturizing spray instead of hairspray—it'll lock in bends.

TOPSHOP

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*vs. regular shampoo and conditioner

garnierusa.com



PHILIP LIM

bonus tip

For more of the “messy hair, don’t care” vibe, place one palm on each side of your head and gently rub.



PHILIP LIM

NANETTE LEPORE



FLYAWAY BUN

Baby hairs are your bun’s new bae. Mist hair with texturizing spray all over, then pull strands up and coil them into a high, loose knot, letting the ends and wispy bits stick out.



GUCCI

SLICK TAIL

When the greasy-root struggle is real, just embrace it and pull hair into a sleek low pony. Smooth any frizz with a dab of pomade.



JASON WU



PRABAL GURUNG

bonus tip

Scalp oil is most noticeable along the part line, so switch yours up before styling your pony.

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WITH COTTON
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MARA HOFFMAN



CHANEL



MICHAEL KORS



bonus tip
Got curls? Apply your best leave-in cream before braiding to soften your ringlets.

WINDBLOWN BRAID

Trying a Pinterest plait before school will make you late. Instead, braid strands from the base of your neck to the ends, letting the front pieces fall out. A pea-size drop of pomade on your fingers will help the braid stay in place.

shower tricks

HERE'S HOW TO ROCK A SMOOTH BLOWOUT-WORTHY STYLE FOR DAYS.

1. deep clean

A clarifying shampoo removes product and oil buildup.

Fekkai Apple Cider Shampoo, \$20, fekkai.com



2. thicken strands

This in-shower treatment plumps each hair, giving you hot tool-level fullness for a week.

John Frieda Luxurious Volume 7 Day In-Shower Treatment, \$10, drugstores



VALENTINO



bonus tip
Bring stringy-looking ends back to life with a few mists of salt spray.

CÉLINE



PLAYFUL PULLBACK

Woke up to a wonky hairline? NBD. Spray dry shampoo all over to mattify any grease, then pull the front sections back and secure with a cute hair accessory.

STALK THE LATEST
MUST-HAVE LOOKS • GARNIERSTYLE.COM

THE FULL
EFFECT

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MEGA FULL
THICKENING LOTION

VOLUME WITH COTTON
FLOWER EXTRACT

GARNIER

HAIR 101

"In 7th grade, my hair became really curly, and I didn't know how to deal with it. I would put tons of gel in it and comb it out and it was this frizzy mess. Now I use John Frieda Frizz Ease Original Serum (\$10, drugstores) and hair masks to smooth it and keep it hydrated."

MY ZIT
#STRUGGLE

"I went through a really hard time as a teen because of acne—it makes you feel self-conscious and insecure. You just have to know it won't always be like that. This concealer was a saving grace for me."

Laura Mercier
Secret Camouflage, \$34,
Sephora stores

"Weirdly, I've always worn Chloé, and now I play her in *Pitch Perfect*—too funny!"

Chloé Eau de Parfum, \$75 for
1 oz., sephora.com

I CAN'T LIVE
WITHOUT

"Maybelline Great Lash Mascara (\$6.40, drugstores) is the only one that makes my eyelashes look the way I want. I just wiggle the wand at the very base of my lashline and make it as dark as I can so it almost looks like eyeliner—and then fan out my lashes from there with the brush."

I CAN'T STOP
BUYING...

"Lipsticks! I just went on a Rite-Aid shopping spree and got this orange and red. I think I'd be a makeup artist if I wasn't an actress."

Maybelline
New York Color
Sensational Vivids in
Vibrant Mandarin,
\$7.50, drugstores

Revlon Super
Lustrous Lipstick
in Red Lacquer,
\$8, drugstores

pitch perfect pretty

BRITTANY SNOW, THE STAR OF OUR FAVE SEQUEL AND BIORÉ'S NEW SPOKESWOMAN, GIVES YOU SOME ACA-AWESOME ADVICE. **by Marta Topran**

TOP SKIN SECRETS

"My friend and I had a face-mask party the other night, and we used these pore strips while watching *Homeland*—they really extract all that gunk from your nose! With those, and this cleanser, I barely break out now. I wish someone would have told me to take better care of my pores when I was younger."

- 1 Bioré Deep Cleansing Charcoal Pore Strips, \$6.50, drugstores
- 2 Bioré Deep Pore Charcoal Cleanser, \$8, drugstores

KEEP CALM
AND
BEYONCÉ

"It's so hard finding your inner rock star! I had to close my eyes, pretend I was an amazing singer, and just go Beyoncé on it."

**YOUR
PERIOD
IS BETWEEN
YOU AND
YOUR PAD.
NOT YOU
AND YOUR
PANTIES.**

**SAVE the
UNDIES***

**OUTSTANDING
PROTECTION**

U by Kotex® pads with
3D Capture Core* have outstanding
protection to help stop leaks.
Get a sample at ubykotex.com

**WE
GOT U***



electric eyes

Start a party on your lashes: Simply run this neon shade over your regular mascara.

Hard Candy Fierce Effects Mascara in Ferocious Fuchsia, \$6, Walmart stores

sweet cheeks

Score a just-left-the-gym flush with this poppy-pink blush.

Flower Transforming Touch Powder-to-Crème Blush in Ticked Pink, \$10, Walmart stores

matte about it

A pump of this oil-fighting moisturizer is your new de-slicking secret.

Olay Fresh Effects (Swirled Mattifier) Clear Skin Redness & Pore-Reducing Mattifier, \$10, drugstores

powder play

Your vanity will thank you when you add this pretty brush.

Urban Beauty United Super Softy Brush, \$10, amazon.com

get buff

Skip the salon—this do-it-all mani block will have your tips perfect in no time.

Tweezerman Neon Hot 4-in-1 File, Buff, Smooth and Shine Block, \$10, tweezerman.com

cheap thrills

BABES ON A BUDGET,
YOU'LL ♥ THESE FINDS—
JUST \$10 AND UNDER!

by Jillian Ruffo

hey, balmshell!

Stash this (suuuper-cute) berry lip tint in your bag for instant rock-star cred.

Rimmel London Keep Calm and Lip Balm in Berry Blush, \$3, walmart.com

beach bod

This exfoliating body wash uses sea minerals to keep you silky all summer.

Seave Professionals Exfoliating Body Wash Sea Mineral Infusion, \$3, drugstores

pump it up

Flat strands stand zero chance against this root-boosting miracle spray.

Garnier Fructis Full & Plush Root Amp Spray Mousse, \$5, drugstores

clean sweep

Say goodbye to raccoon eyes forevs with these portable wipes.

Sephora Collection Express Eye Makeup Remover Wipes, \$9 for 20, Sephora stores

orange crush

Is it really summer without an electrifying mani?

Orly Nail Polish in Push the Limit, \$8.50, orlybeauty.com

lemon aid

One swipe of yellow liner adds major brightness to your gaze.

Revlon Photo Ready Kajal Matte Eye Pencil in Matte Lemon, \$9, drugstores



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**OUR 1ST CLINICALLY
PROVEN* ANTI-ACNE
BB CREAM**

**>TREAT >CONCEAL
>HYDRATE**



**ONE PRODUCT
5 RESULTS**

- clears blemishes
- reduces imperfections
- helps prevent acne
- conceals redness
- hydrates

*In a clinical test.

ADVERTISEMENT

STRENGTH

from the inside out

Say goodbye to bad hair days!

Introducing the latest **Pantene conditioners** that can make your hair **healthier** and **2X stronger*** when used with Pantene shampoo.

Pantene shampoo & conditioner help to protect and improve hair **from core to surface**. Learn how the **NEW** formula can give you WOW hair and let you rock the styles you love. See ya, styling and heat damage!

GOODBYE, WEAK LOCKS!

Shampoo works near the surface to help prevent build-up of mineral impurities, while cleansing for lightweight nourishment and prepping hair for natural volume.

STRENGTH FROM WITHIN!

The ingredient, Histidine, penetrates deep into hair's core to reduce existing mineral impurities from the inside.

HELLO, SHINE!

Advanced conditioning technologies, like those found in **NEW Pantene Full & Strong Conditioner**, strengthen the fiber against surface damage, while providing intense nourishment.

*strength against damage; Pantene shampoo + conditioner system vs. the shampoo alone.



Learn more at **Pantene.com**.

PANTENE

PANTENE



2x
STRONGER
HAIR*

Use new Pantene Conditioner
for hair that's 2x stronger
than shampooing alone.

*strength against damage; Pantene shampoo + conditioner system
vs. the shampoo alone. ©2015 P&G

your summer glam guide

GOT A FORMAL, A GRAD BBQ, OR A QUINCE ON YOUR CAL? HOW YOU CAN LOOK AMAZE ANY TIME OF DAY. **by Maddy Zollo**

FOR *night*

Channel your inner rock star. Edgy hair and notice-me pops of color will put you center stage.

Slick Back Your Strands

Show off your gorgeous face with this so-sleek style. Comb a dime-size drop of gel into dry hair from roots to temples and tuck your locks behind your ears.

Oribe Rock Hard Gel, \$39, oribe.com

Shay Mitchell

Bling It On

Give any mani a heavy-metal edge with a gilded top coat.

Sally Hansen 18K Gold Hardener, \$7.50, drugstores

Don't Sweat It

To prevent a makeup meltdown, use an eyeshadow primer to keep color from creasing, and lock in your look with a mattifying setting spray.

Urban Decay De-Slick Makeup Setting Spray, \$30, sephora.com; NYC New York Color City Proof 24 HR Eye Primer, \$3, drugstores

Flirt With Your Fragrance

Be the best-smelling girl in the room with this irresistible blend of pear, jasmine, and vanilla.

Juicy Couture Hollywood Royal Eau de Toilette, \$92 for 5 oz., macys.com

Drape Yourself in Jewel Tones

Pick one feature and make it as brilliant as a gem.

Hot right now: sapphire smoky eyes and magenta pouts.

From left: Circa Color Focus Eye Shadow in 07 Rebellious and 06 Animated, \$8 each, walgreens.com; CoverGirl Lip Lava in Look It's Laval, \$7, drugstores

Kristen Stewart

Becky G

NEW

Gillette®
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FOR A FLAWLESS SHAVE.



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5 CONTOUR™ BLADES,
6X MORE FLEXIBILITY*

*vs. 3-bladed Venus Original



great legs &

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COMES EASY
WHEN
100%
LEAK-FREE
PERIODS ARE
POSSIBLE.



TAMPAX radiant *always*
COLLECTION

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Chloë Grace Moretz

FOR *day*

Everything's coming up florals! Get romantic with soft makeup, whimsical braids, and sweet accents.

Think Pinks

Steal Chloë's look with a sheer wash of the girly hue on eyes, cheeks, and lips.

From top: Milani Cosmetics Rose Powder Blush in Coral Cove, \$8, drugstores; Neutrogena Nourishing Long Wear Eye Shadow + Built-In Primer in Cool Plum, \$9.50, drugstores; Clinique Pop Lip Colour + Primer in Sweet Pop, \$18, clinique.com



Paint on Some Petals

Flower-shaped glitter polish: Can you handle the cuteness?!?

OPI Nail Lacquer in Petal Soft, \$9.50, ulta.com



Stop and Smell the . . .

Roses, peonies, and violets. This spritz is like a garden party in a bottle.

Stella McCartney Stella Eau de Toilette, \$87 for 3.3 oz., sephora.com

Selena Gomez



Olivia Holt



Try a Princess Plait

Dress up a down do with a new take on a crown braid. Take it across your head, like Selena, or down the side, like Olivia. Prep with dry shampoo to give your tresses grip for weaving.

Herbal Essences Color Me Happy Dry Shampoo, \$5, drugstores



I like to funk up my
little black dress.



I love going Rocker Chic
with leather, studs and
super high stilettos.



DEMI'S

3 GO-TO LOOKS

PERIOD OR NOT.

"With the Radiant Collection
from Tampax & Always
I have the confidence to wear
what I want, no matter what
time of the month it is."

Demi Lovato
WEAR WHAT YOU WANT.

Jean shorties are
my weekend go-to.



Celebrate

always COVERGIRL  Olay[®] fresh effects  Venus[®]

Your 15th birthday is more than just a fantastic party—it's the first step to a world of new experiences! We asked Seventeen readers to tweet us the "firsts" you are excited about as you turn 15. From everyday milestones to formal fun, we heard you loud & clear—and we're helping you with tips for **must-have products for them all!**





FACE YOUR FIRSTS— CONFIDENTLY

From your first year in high school and winning the race to leading the charge and moving over to the driver's seat, **Always** and **Gillette® Venus®** will help you do it all with confidence!

Wear what you want for every first—even when you have your period.

Always® Radiant™ Teen Pads have you covered with up to 100% leak-free periods.

#CELEBRATE15

-  I plan to enjoy turning 15 by continuing to be myself, and not letting high school change the real me.
-  I'm so excited to turn 15 & finally get my learner's permit! (Watch out world!)
-  I'm excited for my first step to confidence!
-  I'm having a vintage Quinceañera at a pretty park!
-  Turning 15 gave me the opportunity to have many "1sts" like my 1st time using makeup and wearing heels.



Rock shorts and skirts with smooth legs thanks to the **Gillette® Venus®** & **Olay** razor. It helps lock in skin's moisture for less dryness*. Ask your mamá for shaving tips before you experience this exciting first!

*vs. Breeze over time



your firsts

GO ALL-OUT GLAM—

FOR THE FIRST TIME!

Your Quinceañera will be the first time you go for the glam! **Olay Fresh Effects** and **COVERGIRL** will help you put your best face forward—at your Quince celebration, and every day!

Before applying makeup, it's essential to prep your skin. **Olay Fresh Effects Clear Skin {SWIRLED MATTIFIER!}** mattifies skin to reduce the look of shine and redness. Prime your skin for makeup and minimize the look of breakouts.



Dare to dazzle at your Quince! Start with **COVERGIRL Ready, Set Gorgeous Liquid Foundation** for a shine-free look that will last all day and night. Embrace elegance in full bloom with **Full Lash Bloom Mascara** for lash fullness that's soft, even to the touch. Finish with **Colorlicious Lip Gloss** and then toss it in your clutch to keep your lips silky and full of vibrant shine.



GET ADVICE FROM BEING GIRL!

It's cool to have questions about growing up...after all, understanding your changing body can be confusing. Find info, tips and advice at BeingGirl.com or by following BeingGirl on Facebook, Twitter and YouTube.



GET READY TO CELEBRATE!

Go to seventeen.com/CelebrateYourFirsts to view videos with more ideas for celebrating your firsts from **Seventeen Beauty Smartie Mirella!**

5 signs your skin is stressed

THE SIDE EFFECTS OF LATE-NIGHT STUDY SESSIONS AND A CRAZY-BUSY LIFE SHOW ON YOUR COMPLEXION. HERE'S HOW TO DEAL. **by Erica Metzger**

1. YOUR PIMPLES ARE WORSE THAN USUAL

Blame cortisol, the stress hormone your body releases when life gets intense. "When you release cortisol, a little testosterone leaks, too. So along with your already-fluctuating hormones, the extra testosterone makes oil production spike, causing more red, inflamed acne," says dermatologist Neal Schultz, M.D.

THE FIX Wash your face twice a day—no excuses—to remove excess oil, says Dr. Schultz. At night, kill acne-causing bacteria and calm inflammation with a benzoyl peroxide spot treatment. For day, tap a concealer infused with salicylic acid on zits—it hides *and* treats pimples.



Clean & Clear Persa-Gel 10, \$6, drugstores; Neutrogena SkinClearing Blemish Concealer, \$9, drugstores

2. YOUR EYES LOOK MEGA-TIRED

When you pull an all-nighter cramming for a test, your blood circulation slows down, causing the vessels under your eyes to expand, says dermatologist Jeannette Graf, M.D. Hello, dark circles and puffiness!

THE FIX Sleep, obvs. Also, use a concealer with a massaging applicator tip built in (it helps de-puff), and line lids with blue liner—it makes eyes look brighter, says Gita Bass, Simple Skincare celeb makeup artist.

Garnier BB Miracle Skin Perfector Eye Roller, \$13, drugstores; Revlon PhotoReady Kajal Matte Eye Pencil in Matte Marine, \$9, drugstores



3. YOUR SKIN IS DULL

Your usual glow goes MIA when you're stressed because your body loses water and doesn't shed dead skin cells as quickly, says dermatologist Amy Wechsler, M.D.

THE FIX You need a combo of hydration and exfoliation. The easiest solution: a lightweight face oil with salicylic acid (Clinique, here, won't clog pores—promise) to slough away build-up. That, plus a luminous primer, will perk up your skin as fast as your favorite Insta filter.

Maybelline New York Face Studio Master Prime Blur + Illuminate, \$10, drugstores; Clinique Turnaround Revitalizing Treatment Oil, \$35, clinique.com



Clear mind, clear skin... can't lose!

Peter Thomas Roth Cucumber Gel Mask, \$45, sephora.com; L'Oréal Paris Magic Skin Beautifier BB Anti-Redness Cream, \$11, drugstores



4. YOUR FACE IS RED

Inflammation is another sucky result of stress. Along with making your skin sensitive, dry, and irritated, it can trigger facial dandruff (it's a thing!)—tiny flakes around your nose and eyebrows, says Dr. Schultz.

THE FIX A mask made with anti-inflammatory ingredients like chamomile, cucumber, or aloe will quickly soothe your skin. And a BB cream with a subtle green tint will neutralize any redness.

5. YOUR CUTICLES ARE RAW

A common stress-induced habit: picking at your nails.

It's an attempt to gain control and harness nervous energy, says Dr. Wechsler.

THE FIX Heal broken skin with a cuticle cream, and paint tips a soft shade of green. Studies show it has a calming effect.

Sally Hansen Cuticle Massage Cream, \$4, drugstores; Essie Nail Polish in Blossom Dandy, \$8.50, essie.com





the force field
facial : (

IT'S TIME FOR AN
Epi-Do-Over

Ask your doctor about prescription Epiduo®

Don't try this at home. Some "home remedies" are a bad idea. Talk to a doctor if you have questions about treating any medical condition, including acne.

Forget home remedies and over-the-counter acne solutions that haven't worked for you. Team up with your doctor and start fighting breakouts with Epiduo (adapalene and benzoyl peroxide) Gel 0.1%/2.5%. Why? It's a once-a-day gel that treats the pimples you have and helps prevent new ones from forming with 2 antibiotic-free medicines that work together. That's the duo in Epiduo.

GO TO EPIDUO.COM TODAY TO FIND OUT HOW YOU COULD SAVE ON EPIDUO GEL*

IMPORTANT SAFETY INFORMATION: Indication: EPIDUO® Gel is indicated for the topical treatment of acne vulgaris in patients 9 years of age and older. **Adverse Events:** In controlled clinical studies, the most commonly reported adverse events ($\geq 1\%$) in patients treated with EPIDUO® Gel were dry skin, contact dermatitis, application site burning, application site irritation and skin irritation. **Warnings/Precautions:** Patients taking EPIDUO® Gel should avoid exposure to sunlight and sunlamps and wear sunscreen when sun exposure cannot be avoided. Erythema, scaling, dryness, stinging/burning, irritant and allergic contact dermatitis may occur with use of EPIDUO® Gel and may necessitate discontinuation.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of Prescribing Information on next page.

*For most insured patients. Restrictions apply. See Epiduo.com/rebate for details.

Not valid for prescriptions reimbursed under Federal/State programs.

Uninsured patients please go to Epiduo.com/rebate for more information.

GALDERMA

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Epiduo®
(adapalene and benzoyl
peroxide) Gel 0.1%/2.5%



IMPORTANT INFORMATION ABOUT

EPIDUO® GEL

(adapalene and benzoyl peroxide) Gel, 0.1% / 2.5%

BRIEF SUMMARY

This summary contains important information about EPIDUO (EP-E-Do-Oh) gel. It is not meant to take the place of your doctor's instructions. Read this information carefully before you start using EPIDUO gel. Ask your doctor or pharmacist if you do not understand any of this information or if you want to know more about EPIDUO gel. For full Prescribing Information and Patient Information please see the package insert.

WHAT IS EPIDUO GEL?

EPIDUO gel is a prescription medicine for skin use only (topical) used to treat acne vulgaris in people 9 years of age and older. Acne vulgaris is a condition in which the skin has blackheads, whiteheads, and pimples.

WHO IS EPIDUO GEL FOR?

EPIDUO gel is for use in people 9 years of age and older. It is not known if EPIDUO gel is safe and effective for children younger than 9 years old.

Do not use EPIDUO gel for a condition for which it was not prescribed. Do not give EPIDUO gel to other people, even if they have the same symptoms you have. It may harm them.

WHAT SHOULD I TELL MY DOCTOR BEFORE USING EPIDUO GEL?

Before you use EPIDUO gel, tell your doctor if you:

- have other skin problems, including cuts or sunburn.
- have any other medical conditions.
- are pregnant or planning to become pregnant. It is not known if EPIDUO gel can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if EPIDUO gel passes into your breast milk and if it can harm your baby. Talk to your doctor about the best way to feed your baby if you use EPIDUO gel.

Tell your doctor about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

- Especially tell your doctor if you use any other medicine for acne. Using EPIDUO gel with topical medicines that contain sulfur, resorcinol or salicylic acid may cause skin irritation.
- Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

WHAT SHOULD I AVOID WHILE USING EPIDUO GEL?

- You should avoid spending time in sunlight or artificial sunlight, such as tanning beds or sunlamps. EPIDUO gel can make your skin sensitive to sun and the light from tanning beds and sunlamps. You should wear sunscreen and wear a hat and clothes that cover the areas treated with EPIDUO gel if you have to be in the sunlight.
- You should avoid weather extremes such as wind and cold as this may cause irritation to your skin.
- You should avoid applying EPIDUO gel to cuts, abrasions and sunburned skin.
- You should avoid skin products that may dry or irritate your skin such as harsh soaps, astringents, cosmetics that have strong skin drying effects and products containing high levels of alcohol.
- You should avoid the use of "waxing" as a hair removal method on skin treated with EPIDUO gel.
- EPIDUO gel may bleach your clothes or hair. Allow EPIDUO gel to dry completely before dressing to prevent bleaching of your clothes.

WHAT ARE THE MOST COMMON SIDE EFFECTS OF EPIDUO GEL?

The most commonly reported side effects when using EPIDUO gel include erythema, scaling, dryness, application site irritation, stinging and burning.

Depending upon the severity of these side effects, patients should be instructed to use a moisturizer, reduce the frequency of the application of EPIDUO gel, or discontinue use.

Tell your doctor right away if these side effects continue for longer than 4 weeks or get worse, you may have to stop using EPIDUO gel. Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of EPIDUO gel. For more information, ask your doctor or pharmacist.

You are encouraged to report negative side effects of prescription drugs to the FDA at www.fda.gov/medwatch or call 1-800-FDA-1088. You may also contact GALDERMA LABORATORIES, L.P. AT 1-866-735-4137.

HOW SHOULD I USE EPIDUO GEL?

- Use EPIDUO gel exactly as your doctor tells you to use it. EPIDUO gel is for skin use only. Do not use EPIDUO gel in or on your mouth, eyes, or vagina.
- Apply EPIDUO gel 1 time a day.
- Do not use more EPIDUO gel than you need to cover the treatment area. Using too much EPIDUO gel or using it more than 1 time a day may increase your chance of skin irritation.

APPLYING EPIDUO GEL:

- Wash the area where the gel will be applied with a mild cleanser and pat dry.
- EPIDUO gel comes in a tube and a pump. If you have been prescribed the:
 - Tube: Squeeze a small amount (about the size of a pea) of EPIDUO gel onto your fingertips and spread a thin layer over the affected area.
 - Pump: Depress the pump to dispense a small amount (about the size of a pea) of EPIDUO gel and spread a thin layer over the affected area.

WHERE SHOULD I GO FOR MORE INFORMATION ABOUT EPIDUO GEL?

- Talk to your doctor or pharmacist
- Go to www.epiduo.com or call 1-866-735-4137

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Revised: February 2013

GALDERMA
committed to the future


Epiduo®
(adapalene and benzoyl
peroxide) Gel 0.1% / 2.5%

primp out your clutch!

FILL YOUR PURSE WITH THESE MINI PROM ESSENTIALS AND LOOK #FLAWLESS FROM FORMAL PICS TO THE AFTER-PARTY. **by Marta Topran**

1. FACE SAVER

The zit that appeared out of nowhere? Handled—thanks to this tiny concealer, foundation, and powder compact.

Bobbi Brown Face Touch Up Palette, \$44, bobbibrowncosmetics.com

2. SULTRY SCENT

A solid perfume (this one is spiked with sandalwood and vanilla) makes touch-ups super-stealthy.

Elizabeth and James Nirvana Black Solid Perfume Compact, \$48, Sephora stores

3. KISS SWEETENER

Is Sam Smith playing? Use this breath spray, grab your bae, and start slow dancing.

Hello Breathspray, \$3.80, Walgreens stores

4. HEEL HELPER

When those shoes feel as killer as they look, rub on this pain-relieving serum.

Sole Serum, \$10, soleserum.com

5. TWO-TIMER

A lip duo lets you switch things up for the postparty.

Bite Beauty On the Fly Luminous Creme Lipstick Duo in Tangerine and Lingonberry, \$12, Sephora stores

6. FINE LINER

A creamy black kajal pencil: the key to eyes that smolder all night long.

Milani Supreme Kohl Kajal Eyeliner, \$6, CVS stores

7. MANE TAMER

Spritz this on to prevent sweaty dance-floor frizz.

Orbè Imperméable Anti-Humidity Spray, \$22, orbè.com

8. BATTERY BACKUP

Keep 'gramming all night with a mini phone charger.

Ban.do Back Me Up! Mobile Charger, \$30, shopbando.com

9. OIL ERASER

Face blotters guarantee shine-free selfies.

Sephora Charcoal Blotting Papers, \$10, Sephora stores



CHEVRON
CLUTCH The
Box Bag, \$98,
theboxbag.com

BEAUTY NEWSFEED

THESE HOT NEW PRODUCTS WILL BASICALLY CHANGE YOUR LIFE.

by Maddy Zollo



RAISE YOUR EYEBROWS

What happens when your brows meet your browser? Magic. In Benefit's online Brow Genie Tool, upload a selfie and you'll get a custom analysis including grooming tips and a virtual photo of your ideal arches. Use it as a guide at home or bring the pic to a pro. Go to benefitbrowgenie.com.



GET SURFER-GIRL HAIR

Inspired by a crew of beach babes who love DIY treatments, Sun Bum—the SPF brand that smells amaze—has created a hair care line. The formulas are infused with ingredients surfers really use (like bananas and black lava sea salt) to get their #WCW-level waves.



Sun Bum Shampoo and Conditioner, \$18 each, trustthebum.com

ATTENTION, PREPSTERS

Iconic print queen Lilly Pulitzer has teamed up with Target for a lifestyle collection that includes a line of Essie polishes and patterned files that will give you a mani-pedi perfect for a Palm Beach pool party.



Lilly Pulitzer for Target Essie Nail Polish in (clockwise from top left) Pansy, Capri, Mezmerized, Where's My Chauffeur, First Timer, and Golden Nuggets, \$8.50 each; Salon Board in Nolie Posey, \$2, all target.com

From top: Christopher Kane for NARS Violet Atom Illuminating Multiple, \$39; Nebulous Lip Gloss, \$26; Outer Limits Eyeshadow, \$25; and Starscape Blush, \$30; all narscosmetics.com



ALL OF THE BRIGHTS

Treat yo'self to NARS's so-worth-it makeup collab with cool Scottish designer Christopher Kane. The color palette—neons as bold as Kane's clothes and shimmering neutrals in unexpected hues (check out the violet multipurpose stick, above)—just screams summer vacay.



Christopher Kane

ARE YOU THE NEXT BEAUTY SMARTIE?

What do Bethany Mota, Michelle Phan, and Ingrid Nilsen have in common? They were all 17 Smarties! Now you have a chance to win the title and have your beauty skills featured every month (!!!) in the magazine. Head to seventeen.com/2015BeautySmarties to enter. See page 131 for details.



Michelle Phan

PROMOTION

products, **PRIZES** and more!

Share your opinion with Seventeen for the chance to win amazing prizes and even be the first to try hot new products.

seventeen
A-LIST

To join, log on to seventeenalist.com

Long lasting smooth skin
from head to toe.

the moroccan
ARGAN OIL
COLLECTION



The Nair Moroccan Argan Oil collection has got you covered for beautifully smooth skin with a complete range of creams, sprays, and waxes, all made with 100% natural Moroccan Argan Oil.

Only from the #1 hair removal brand.*

Nair

NairLikeNeverBefore.com for \$3 off

*data on file



NEW
JUICY FRUIT
GUM WITH
STARBURST
FLAVORS



BODY& HEALTH

FIND YOUR

zen



Stay chill as you finish off the year with these relaxing moves from **Mandy Ingber**, a celeb yoga instructor and the author of *Yogalosophy*.

CALM YOUR NERVES

child's pose

Sit with your knees separated and your heels tucked under you. Then stretch forward. Ingber suggests staying in this pose for two to five minutes to relax your nervous system.



STOP INSOMNIA

forward bend

Standing with your feet shoulder-distance apart, bend forward from your hips and reach for your toes. Remain here for one minute. Blood will start flowing to your brain, which can relieve headaches and help you sleep better. Rise up slowly.



INTRODUCING THE ONLY LINER WITH SPORT LEVEL PROTECTION.™



New Liners from Playtex® Sport® are amazingly thin, yet super absorbent, featuring a FlexFit design to twist and turn with your body. Sport Level Protection™, so you can Play On®.





REBUILD YOUR ENERGY

legs up the wall

Pretest jitters and prom-night prep can get your pulse racing. Slow things down by lying on the ground with your hips and legs going straight up a wall (or a palm tree!) for five minutes. Your heart doesn't have to work as hard to circulate blood in this position, so the pose leaves you rested and ready to take on anything, says Ingber.

BANISH STRESS



cat pose

a Start on your hands and knees with your legs shoulder-distance apart and your arms straight. Breathe in slowly and deeply as you round your back toward the sky.



cow pose

b From cat pose, slowly breathe out as you straighten your back and then arch it so that your shoulders and tailbone reach upward. Return to cat pose and continue the cycle six times. Focusing on your breathing will help clear your mind.



Allie Bright, 21,
practices yoga daily.

REFRESH YOUR SYSTEM

corpse pose

Lie down on the floor with your legs spread a little farther than hip-distance apart and your arms resting a few inches away from your torso. Close your eyes and let every muscle in your body soften. Ingber says spending 10 minutes in this pose triggers a relaxation response and lowers blood pressure, so you'll feel fresh and invigorated when you get up.

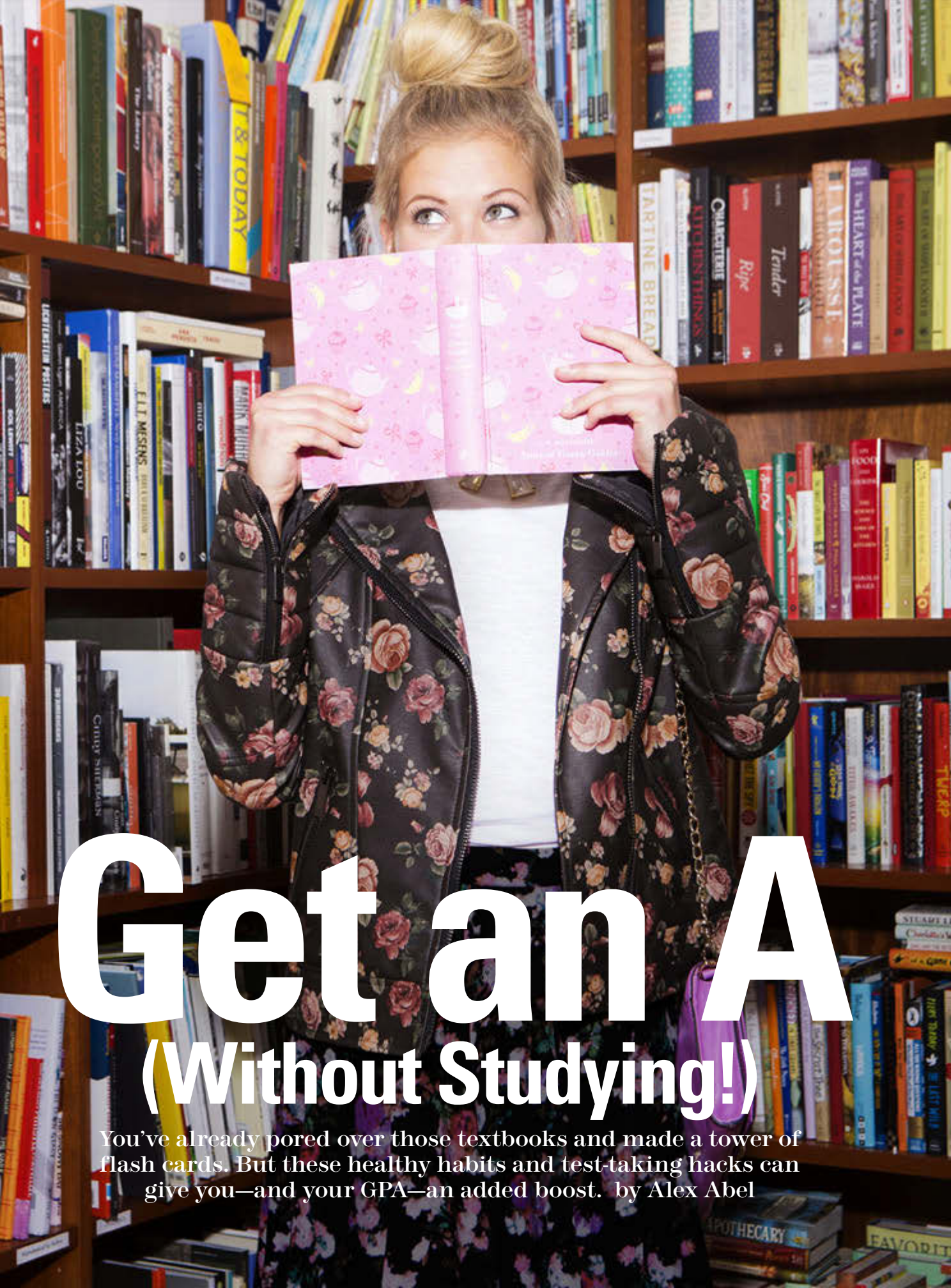
AND NOW,
TWO KINDS OF
SPORT LEVEL
PROTECTION™
IN ONE PACK.



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Playtex® Sport® tampons with
new Playtex® Sport® Liners

Play ON™



Get an A (Without Studying!)

You've already pored over those textbooks and made a tower of flash cards. But these healthy habits and test-taking hacks can give you—and your GPA—an added boost. by Alex Abel

POWER DOWN EARLY

It can be tempting to scroll through Insta or fire up Netflix after a long night of studying, but it's best to flip through a regular book instead. Researchers at Boston's Brigham and Women's Hospital found that the light emitted from computers, smartphones, and tablets decreases melatonin production, the hormone that tells your body it's time to rest. This means you can take longer to fall asleep, and have shorter REM sleep—the deep, recharging stage—which can hurt memory. Shut off your devices at least 30 minutes before bed to get maximum zzz's.

SMELL LIKE SUCCESS

While prepping for an exam, breathe in spa-like lavender from a candle or essential oil. The scent is calming, helping you chill and focus. If you have to survive back-to-back finals, keep an orange with you. A Brazilian study showed the fruit is energizing *and* the smell makes you less anxious at test time.

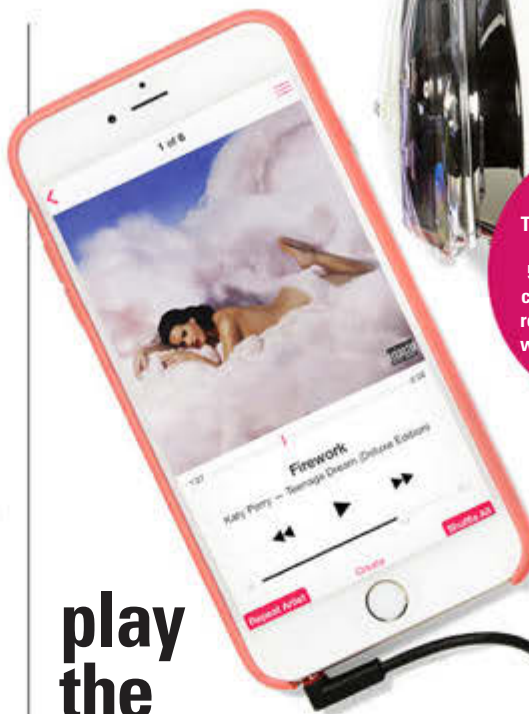


SIT UP STRAIGHTER

Forcing yourself to check your posture can be a pain. But a recent study found sitting up straighter can make you feel happier and more confident and therefore more relaxed at your exam. Social psychologist and associate professor at Harvard Business School Amy Cuddy, Ph.D., explains that your body language can help lower stress: To really feel on top of the world, she suggests striking a power pose like the "Wonder Woman" for two minutes. Simply stand with your legs shoulder-width apart and your hands on your hips.

play the right soundtrack

Along with blocking out all that library whispering, experts say music can help you remember key info. Cue up the right tracks (see right) before it's crunch time for the best results.



BIOLOGY QUIZ

Turn up Miley Cyrus's "We Can't Stop." Music with 50 to 80 beats per minute calms the part of the brain related to logical thinking, which helps you learn and retain new facts.

ENGLISH ESSAY

Try Katy Perry's "Firework." Fast-paced pop music stimulates the right side of your brain—the part used to process creative thoughts—so it should spark those writing skills.

MATH FINAL

Stick to classical, like Beethoven's "Für Elise." Researchers found that listening to these pieces helped students hold on to more information and study longer.

LET YOUR HAIR DOWN

Rocking a ponytail during finals week is an easy go-to, but Stephen Silberstein, M.D., director of the Jefferson Headache Center at Thomas Jefferson University, says tight hairbands can pull on connective tissue in your scalp, leading to painful headaches—i.e., the enemy of that A.

PLAN SOME QUALITY PILLOW TIME

Pulling an all-nighter to cram for tomorrow's test? Not the smartest idea. Getting a full eight hours of shut-eye helps you better retain a semester's worth of information. Studies (and, um, real life) show sleep-deprived teens can be moodier and less alert, making it much harder to plow through work.

CHEW ON THIS

Start your exam with a pop by chewing gum for just five minutes pre-exam. A recent study revealed that people who did so scored higher on tests and were able to process facts faster for the next 15–20 minutes. The same report found that chewing during the actual test can distract you and slow you down, so make sure to spit it out right before you sit down with your No. 2 pencil!



DRESS THE PART

Sweats are practically the uniform of finals week. But studies indicate what you wear can affect how you feel. Northwestern University researchers found that people who put on a doctor's coat while taking a test scored better than other participants because of what it symbolizes. Translation? Yoga pants and pajamas will make your brain think it's lounge time, not go time. By dressing up for test day (think a button-down shirt or a cute dress), you're one step closer to that A.

FLEX YOUR MUSCLE POWER

You always say you're going to exercise before school in the morning—and now you have an extra reason to start. It's good for your body (obvs), but research finds that doing a quick 20–30 minute workout before a test increases blood flow to the brain, helping you concentrate when it's time to get down to business. So put on some music and do about four songs' worth of push-ups, squats, and burpees first thing, or speed-walk to class if your test is later in the day. You'll get a surge of energy—and help amp up your grades while you're at it!

START TRAINING YOUR BRAIN

Meditation might seem a little out there, but data out of the University of Washington show it helps your mind wander less when you need it to be the most alert—aka finals week! Simply sit on the floor in an upright position with your legs crossed. Set a timer for 5 to 15 minutes, and then close your eyes. As you breathe in and out slowly, keep thinking about one mantra, like "I can do this." If another thought creeps in, just acknowledge it and then go back to your mantra. This teaches your brain to let random thoughts go, improving your focus in the long run.

CLOSE YOUR EYES

Ever squint while trying to remember something important? Your reflexes are on point: A British study shows shutting your lids can help you remember facts more accurately. That's because blocking out your current surroundings frees up the parts of your brain that deal with memory. Basically, you're just a few blinks away from recalling the when and where of every Civil War battle ever fought.

eat your way to better grades

This no-fail meal plan will ensure you're on your A game.



THE NIGHT BEFORE pasta with garlic

"The fiber in whole-grain pasta keeps you full and clear-headed," says registered dietitian Alicia Romano. "And garlic boosts your immune system."



FOR DESSERT dark chocolate

It's not an ice cream sundae, but you can still get your sweet fix with two squares of this treat. "The serotonin relaxes your mind," says Romano.



THE MORNING OF oatmeal with blueberries & cinnamon

Stick-to-your-ribs oats will keep belly rumbles at bay, blueberries are good for your brain, and cinnamon helps your memory, Romano explains.



AT LUNCH burrito bowl

Brown rice with a protein will keep you from fading. Don't forget guac: It's packed with brain-friendly B vitamins!



DRINKS water & lemonade

Drink water all day to beat memory-killing dehydration. Then, just before your exam, sip a little lemonade. A Binghamton University study shows the glucose it contains can help you remember more of what you've read.



SNACKS almonds or cashews

The vitamins and fats in nuts help you think more clearly. Romano says that if you're allergic, hummus and pretzels will do the trick, too!

Ogx
beauty pure and simple

HYDRATING

EXTRA STRENGTH

hydrate + repair
argan oil
of morocco
SHAMPOO

Repair dry, damaged, brittle tresses. This extra powerful blend with **argan oil of Morocco** and **silk proteins** helps intensely hydrate and lock in moisture to give hair a second chance at silky perfection.

REPAIRING

Ogx
beauty pure and simple



Argan Oil + **Silk Protein** = Super Hydration & Repair
ogxbeauty.com |    ogxbeauty

FRIENDS, FAMILY & OTHER LOVES (YOURCIRCLE)



get closer to **your mom**

Samantha van Leer, 19, daughter of best-selling author Jodi Picoult, reveals how she did it.

When I was young, my mother's career as a novelist was beginning to take off. This meant she was often working and traveling to promote her books, leaving little time for us to create a strong relationship. My dad and I have always been very close—he helped coach my softball team and he'd take me fishing in the summer and skating in the winter—but with my mom gone so much, there wasn't a chance for me to connect the same way with her.

All that changed one day when I was daydreaming in eighth-grade French class and an idea for a book popped into my head: What must characters do when a book is closed? Surely



A LASTING CONNECTION
 "My mom basically knows everything about my life," says Sammy. "We talk all the time!"

they don't remain frozen, waiting for us to pick up the book again and breathe them back to life. And what if a character wanted his own story? My mom was just coming back from a book tour, and I told her my idea. Much to my surprise, she not only loved it, she asked me to write it with her! The fact that she thought my story could be out there in the world—and that she wanted to be a part of it—was surreal. Finally, we had something to bond over.

When we began writing *Between the Lines*, I had no idea what to expect. We went up to her office in our attic and sat side by side at the computer. It was a little daunting—like a chef tasting your bake-sale cookies and asking you to work in her restaurant. But as we talked through

the details, our visions for the book clicked. When we spoke lines to each other, sometimes we'd say the exact sentence simultaneously. I imagine to everyone else we looked like alien robot twins, but to us, it felt awesome.

As we wrote, we began to respect each other. I finally understood what my mother really does for a living—and that writing a book is so much more than just sitting down and typing on a computer! The more

“When it comes to getting closer to your mom, there isn't always a perfect Hallmark moment. It can take time.”

we wrote, the more she saw me as a partner, not an apprentice. And after spending eight hours a day together, I got to know her pretty well: I learned of her chocolate addiction and this creepy whispering voice she uses while she types dialogue. (She learned

I'm much more productive when I'm wrapped in a down comforter and lying on the office floor!)

I didn't realize it then, but writing together made us closer outside of work. I felt more comfortable around her than I had before. When we were driving somewhere, I'd spend less time searching radio stations for my favorite song and I talked to her instead. I started to recognize how smart and interesting she is and how much I liked being with her.

By the time we started working on our book's sequel, *Off the Page*, two years later, we were so at ease with each other that we could push each other constructively. This time I also knew I could actually write a book, so if I felt a word was slightly off, I'd press the brakes. As a result, my mom and I have created something I'm truly proud to stamp my name on.

Writing with my mom is more than a bullet on my résumé—it's an experience I'd never trade. I learned how wonderfully weird she is and how much we have in common. (We get manicures together now!) And I came away with a valuable lesson: When it comes to getting closer to your mom, there isn't always a perfect Hallmark moment. It can take time . . . but it was well worth the wait.

READ THE BOOK!

Sammy and Jodi's new novel, *Off the Page*, hits shelves on May 19.



STEAL SAMMY'S BEST BONDING TIPS

1 Meet halfway

"When you fight, don't always expect your mom to apologize first because she's the adult. You both need to put in the effort to resolve the issue."

2 Ask questions

"And not just 'What's for dinner?' Find out what she did at work that day or what she likes to do when she's not being queen of the family."

3 Show what you can do

"Let her see what you're capable of, and that you're worthy of responsibility. Prove that you can be an adult and don't abuse the privileges she gives you."

4 Laugh!

"It's the number one key to a good relationship. It can be as easy as sitting together while watching *Friends* on Netflix. You'll crack up and have some inside jokes to take away."



what he's thinking

when you hang with his friends

You're not the only one who's nervous. Six guys admit what's running through their minds when you join in on bro time. **by lindsay schallon**



"Girls think we secretly judge them when they meet our friends. But I'm much more concerned about my friends scaring *her* off. Boys love to tell embarrassing stories around their buddy's new girlfriend."

—JAKE, 18, OMAHA, NE



"Even if you think it's funny to call your guy Baby in front of his bros, please don't. Guys give each other such a hard time for that stuff!"

—ZACH, 19, MANTORVILLE, MN

seventeen 🔥 GUY PANEL!



"We want you to feel like part of the group. Don't be scared to joke around! It's

impressive when a girl can walk into a room of guys and hold her own."

—NATAN, 21, ANN ARBOR, MI



"I love it when a girl holds my hand or sneaks in a kiss when we're hanging with my friends.

It's sweet! But if she hangs all over me in front of everyone, I get really uncomfortable. Not everyone is into a lot of PDA."

—JAMES, 22, POMONA, CA



"We'd rather you be honest than miserable. Once I invited a girl to go go-karting with my crew, and she sulked the whole time. It's fine if you don't like doing something. Just speak up."

—ANDREW, 21, BRIDGEWATER, MA

seventeen 🔥 GUY PANEL!



"I get really anxious about who I should pay more attention to. If I focus on my friends too much, my GF might get bored. But if I talk only to my girlfriend, my friends might call me whipped."

—DAN, 18, WESTWOOD, NJ

DECODE HIS YEARBOOK MESSAGE

You cracked his messy handwriting; now let our guy expert read between the lines. (PS: That's his real senior photo!)



Name: Malik
Age: 19
Hometown: Toronto, ON, Canada
Instagram: @maliklindo

Yearbook Flirt Tip: "Include a specific memory or inside joke in your message. It's more thoughtful than 'Have a great summer.' He'll notice it. Trust."

seventeen GUY PANEL!

FROM THE KID YOU RARELY TALK TO ...

Sarah, I know we didn't talk much. But we've known each other for a long time, and I think you're amazing. Text me sometime!
555-5555.

Sarah says: "I was so confused by this. Did he really expect me to text him? Or was he just being nice?"

Malik says: "I bet you \$10 he probably tried to make a move before, but you didn't pick up on it. No guy is going to leave his number if he doesn't want to hang out with you."

FROM YOUR ON/OFF FLING ...

DEAR HALEY,
WE HAD SOME
GREAT TIMES
AND SOME
PRETTY AWFUL
ONES. GOOD
LUCK IN COLLEGE.

Haley says: "I'm not sure if he wrote this to mess with me or because he genuinely has no common sense, but I was pretty upset. Was this rude? Or is it just me?"

Malik says: "Ouch. It sounds like he's either A) a complete jerk or B) trying to act tough to make you think he's over you. Either way, this guy isn't worth your time."

FROM YOUR CRUSH ...

Annie, this year has been the best! You are awesome & I can't wait to spend the summer with you.
-Steven

Annie says: "Yay! I smiled so big when I read this in my yearbook. I really like him. Do you think his message is a good sign?"

Malik says: "It definitely sounds promising, but I've been guilty of saying 'Let's hang out' in the past and not following through. Actions speak louder than words, so if you two make plans over the summer, that's a *great* sign."



Your trickiest dating questions answered.

Q: My boyfriend left a flirty comment on another girl's Instagram. Is that cheating?

—McKENNA, 14

A: It depends, but if you feel hurt, that's understandable. Everyone has his or her own definition of what constitutes cheating. (Check out our reader poll below.) Be honest with your boyfriend and say, "I saw you commented on so-and-so's photo and that upset me." Then set some rules together about what is—and isn't—acceptable. Just be sure you follow the rules too. Part of being in a relationship means respecting each other.

WHAT YOU THINK

23%

OF YOU SAY THAT POSTING A FLIRTY COMMENT ONLINE COUNTS AS CHEATING.



LOVE PROBS?

Submit your questions to ToughLove@seventeen.com.

throw a drama-free

Kendall and Kylie's event planner, Sharon Sacks, schools you on the best ways to handle

Your parents give you a strict guest limit.

If a lack of space or a limited budget means that inviting half your Facebook friends is a no-go, stick to the closest people in your squad and your family. They're the ones you'll have the best time with anyway.

Also keep track of your RSVPs, says Sacks. (Do them by Paperless Post or snail mail. No one takes FB invites seriously!) That way you can create a "B-list" to fill in spots for people who can't make it. Just give them at least two weeks' notice as a courtesy—and to ensure they don't already have plans.

Your family is *sooo* embarrassing.

Dad won't stop with the baby stories? Deep. Breath. Remember: Your relatives are simply excited about this big step in your life and want celebrate it with you. "You might not realize it, but parents do try to be sensitive about giving you space," says Sacks. "They're happy to see you having a good time with friends." If you need a break, steal this Hollywood party trick: Set up



5 QUESTIONS YOU'LL HEAR OVER & OVER

You have our full permission to use one (or all!) of these canned responses.

Can't I just make a FAQ pamphlet?



Emma Watson

Where are you going to school?

YOU'LL WANT TO SAY:

"Did you not hear my mom babbling about it for hours?"

YOU SHOULD SAY:

"I'm going to [insert school here]. Where did you go?" It'll deflect the convo, so you're not stuck rambling about yourself.

What are you going to major in?

YOU'LL WANT TO SAY:

"Hello, can I at least get to school first?"

YOU SHOULD SAY:

"I've always found [blank] interesting." That way, even if you're undecided, you'll avoid a long "You'll figure it out!" talk.

grad party

your stickiest situations. **by lindsay schallon**

a VIP area for everyone who's 18 and under. It'll give you a place to hang. Or just embrace the weird old-people jokes—all families are a little crazy!

A ton of little things keep going wrong.

It's a hundred degrees out. You run out of food. Someone spilled soda all over the front of your dress. Is any of that really worth a meltdown? (The answer: No.) "If you're down or worried that something isn't going right, your guests are going to pick up on that energy," warns Sacks. "So don't get stuck on the small stuff."

Everyone is just standing around.

Keep crickets from chirping over your Taylor Swift playlist by planning three to four activities, says Sacks. Temporary tattoos, fill-your-own-candy-bag stations, and photo booths (Pinterest has tons of cute backdrop ideas!) will be surefire hits. If worse comes to worst, get a group game of Trivia Crack going. It's a party savior.

A million people show up uninvited.

Having to turn away friends—or someone who played too many flip-cup games at another party—can be uncomfortable. Avoid crashers by enlisting a family member to stand in as a bouncer. Sacks recommends an uncle or an older brother since your parents will want to entertain other guests. If he has any problems, he can text you.

Your bae doesn't end up coming.

Sucks! But you know you're not alone. Keep busy with friends who did show up for you. "Many of my clients are excited about their guest list, but when someone important doesn't show they get a bit disappointed," says Sacks. "My advice is to dance with your friends and focus on having fun." You're going to graduate from high school only once, and you don't want to remember your party as the night you sat around sulking over someone.

MY STORY:

“I wanted to have a party over graduation weekend so both my family from out of town and my friends could be there, but *everyone* was scheduling their parties that same weekend. I ended up taking just my family to brunch and went to my BFF's party later that night. It was less stressful and way cheaper!”



—CASSANDRA, 19, CATTARAUGUS, NY

Are you dating anyone?

YOU'LL WANT TO SAY:

"OMG! Can we not do this?!"

YOU SHOULD SAY:

"Yep! His name is Harry." Not only will your great aunt think it's sweet, but she'll also have no clue his last name is Styles, and you're only together in your dreams.

What do you want to do after college?

YOU'LL WANT TO SAY:

"IDK. That's four years away."

YOU SHOULD SAY:

"IDK. That's what I hope to figure out at school." It's okay to tell the truth. But adding that you want to learn sounds like you've given it some thought.

I haven't seen you since you were *this* big!*

YOU'LL WANT TO SAY:

"Who are you?"

YOU SHOULD SAY:

"Good thing I grew, huh?" A little humor never hurts and it's still polite, which is key.

*Technically, not a question. But a distant relative will definitely greet you as if it were!

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WITH HONORS

Presenting Seventeen's Class of 2015!

*This group of smart, talented,
game-changing women share their best advice
to inspire you to dream big.*

PHOTOGRAPHS BY YU TSAI

STYLING BY JAMES WORTHINGTON DEMOLET

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his is the time of year when everyone will be offering up encouragement, whether you're heading off to college or just getting one step closer to your cap and gown. Along with your valedictorian's grad speech (if you're the one delivering it, congrats!), we want to give you the best words of wisdom to spark your ambition even more and reinforce how much influence you can have in the world. So the eight role models on the following pages have written inspiring speeches just for you. You'll admire them for what they've accomplished (who doesn't dream of being "the first" in their field?), how they got there (pushing through sweat and tears), and how they treat others once they made it (the bigger their fame, the bigger their hearts).

Embrace their advice, share it online, and revisit these pages whenever you need a boost. And just know, you're already on your way to becoming one of them.

SEVENTEEN.COM/GRADQUOTES Get inspired by the most mind-blowing graduation speeches ever!

On Sarah: Dress, Vera Wang; earrings (worn throughout), THP; silver bracelet, Pamela Love; gold sandals, Loeffler Randall.



SARAH HYLAND

Actress, *Modern Family*
Honorary Degree in Following Your Heart

Don't look back.
Don't look down.
Move forward. Be
progressive. These
are things I've said to
myself my entire life and even in this
very moment as I talk directly to you.

DON'T LOOK BACK

When I was your age, I asked myself a lot of questions: What do I want to do? What am I good at? Is what I'm good at what I love? Or is it not? Now that I'm older, here's what I'd tell myself: Focus on what your heart desires and don't stop until you capture it.

Happiness, I've learned, comes from within. I know, I know—it sounds like meaningless bull that people who are pretending to be happy say. But I really believe it. I am happiest when I am doing something I love. And I love *Modern Family*—it's the best job I've had in my 20 years as an actress. It didn't come easily or fast or free: It took me 14 years to land a gig like this. Yes, I was a part of amazing projects before, but I also *wasn't* a part of a lot of projects I'd wanted.

When I was 17, I did workshops for the musical *Next to Normal*, and I thought I was moving with the show to Broadway. But when the director called me in the middle of a school day

(I snuck into the bathroom to answer it), I heard the tone of his voice and started to tear up. He told me I looked too young for the part. I cried for days, but I had to put it behind me, go to school, and continue to audition. It's important to never look back. When you're feeling vulnerable, it can lead to doubt and second-guessing. It will steer you away from your goals and your happiness.

DON'T LOOK DOWN

Look up, go up, and keep fighting to achieve the greatest view. I moved to L.A. by myself when I was 18. I hadn't even applied to college and I was staying at a friend's house, with no job prospects or backup plans. (Now, I'm not saying don't go to college or don't have a backup plan, because those are very smart and important things to do! Smart. And. Important.) Having no safety net is terrifying, but it pushed me. If I'd looked down, I probably wouldn't have gone on. It was scary and lonely at times, but going to L.A. was the best thing I ever did.

MOVE FORWARD

Once you have a goal, keep moving forward—even if you're taking baby steps! When I started auditioning, I heard *no* a lot, and it still happens. Rejection just made me work harder.

Proving someone wrong who said you'd never make it is one of the best feelings in the world. I was born with so many health issues that doctors told my mother I would never have a normal life. And she said, "You're right, she won't—but it won't be because of her health." When my mother told me that story, it resonated with me: If I can't have an ordinary life, I might as well have an *extraordinary* one. So ignore the classmates, doctors, and those ex-BFFs and ex-BFs who don't deserve your time. If you set your mind to something, you'll achieve it.

BE PROGRESSIVE

You have the power to build a soapbox and fight for what you believe in, so make a change. I'm passionate about a lot of things, including animals, medical science, and human rights issues. And I realized you can make a difference at a young age, especially in today's society with social media.

I've made huge mistakes in work, relationships, friends—it happens! But I've learned to not look back. To not look down. To move forward and be progressive. And lastly, to be kind. Even something as small as a smile or a hello to a passing stranger makes a difference. Kindness is beautiful, and there isn't enough of it in the world.

On Sarah: Dress, Veronica
Beard; bracelet, Gillian
Steinhardt; thin gold rings,
Gorjana; alchemy ring,
Yah Yah.

Hair: Riawna Capri for Clear
Hair Care at The Wall Group
and Nikki Lee at 901 Artists
using Unite. Makeup: Mai
Quynh at Starworks Artists
for Lancôme. Manicure:
Christina Aviles at Opus
Beauty using Dior Vernis.



MICHELLE OBAMA

First Lady of the United States
Honorary Degree in Reaching Higher

Graduating from high school is a big deal. It takes a lot of hard work and dedication, and you all should be incredibly proud. So first things first—congratulations! But here's the thing: In today's world, a high school diploma simply isn't enough. No matter what you want to do with your life, you've got to complete your education, whether that's at a two-year or four-year college or by getting a professional certificate.

Now this won't always be easy, and there will be times when you struggle. I know that from personal experience. When I first got to college, I was totally overwhelmed. I didn't have any friends, and I didn't always feel like I fit in. I didn't know how to pick my classes or find the right buildings on campus. I didn't even bring the right-size sheets for my bed.

But I did know that I had to get my degree, so I made a plan. I started seeking out people who could help me—professors, advisers, older students. I went to the student multicultural center and started meeting people—people who are still some of my closest friends today. I studied as hard as I could to get the grades I wanted. And I didn't let the occasional setback or stumble knock me off track.

And soon enough, I realized that I had this college stuff down. So I started thinking about that next step—law school. And from then on, in every stage of my career and my life, I've pushed through those times when I struggled, I've asked for help when I needed it, and I've stayed focused on my goals. And I hope all of you will do the same and keep on reaching higher for yourself and your future.



SOPHIA AMORUSO

**Author & Founder, Nasty Gal
Honorary Degree in #GirlBoss-iness**

The world is yours, and you're our hero.

Cultivate a healthy amount of ignorance to your detractors, but be honest with yourself.

Move quickly. Make a mess. Pick up what's left and build a palace.

Host a feast on the floor and invite everyone you don't know.

Maintain a broad periphery and consider distraction your friend—it can guide you.

Have ideas so good that the ones you trash others would dream of having at all.

Dance alone. Say hello to the birds.

Gasp to yourself at the wonder of life and wake up knowing tomorrow you'll be wiser than you are today.

Gain weight. Lose weight. But chill out over it all.

Don't do it for him—do it for you. Until doing it for someone else is for you.

Try to change habits, but when you fail, wait until it comes naturally.

Choose the path of least resistance and you'll bust through barriers like a tiny breeze blows over a brick wall.

Be your own parent. Be your parents' parent.

Break only small and big rules—the middle is where everything goes to die.

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TAYLOR SWIFT

Singer & Everybody's BFF
Honorary Degree in Style & Substance

“The things that set you
apart from the pack, the things
that you once thought were
your weaknesses, will someday
become your strengths.”



LAVERNE COX

**Actress, *Orange Is the New Black*
Honorary Degree in Loving Yourself**

A few weeks ago, someone said something very mean to me. People aren't mean to my face that often these days, but this person, a "fan," did not get the interaction they wanted from me and, in return, said something harsh and painful that I won't even repeat. After I walked away, I acknowledged to myself that I felt

hurt, and then I shared the story with someone I trusted. I was met with empathy and was told, "You don't deserve that. You are not what this person said to you." I've put so much work into building up my sense of worthiness, and that support and love was a much-needed reality check.

DISCOVER YOUR PATH

Things were different when I was growing up in Alabama. I was bullied and there were no counter-voices. I love my mother so much, but I wasn't hearing from her or anyone else that I could be successful by being who I was. So I internalized what the bullies said. Thankfully, I was able to take dance classes, which helped me

"YOU ARE WORTHY... SIMPLY BECAUSE OF WHO YOU ARE."

feel like I had a purpose beyond my circumstances. I was like, "I'm gonna get out of Alabama. I'm gonna get to New York and be on TV." Even when people told me I couldn't do this or that, I knew there was something bigger out there and I couldn't give up.

MAKE CONNECTIONS

I thought I could do it alone, but everyone needs a witness—someone who sees your worthiness. Shame keeps us from reaching out and isolates us. When we reach out and tell our stories, like I did after I met that angry fan, we realize we're not alone. The next time you're feeling down, remember someone out there is feeling the same thing you are. When we become part of a collective, part of a power that's bigger than us, we can support and love each other. Even having just one person that you can confide in, who sees you fully as yourself, can be lifesaving.

I do a lot of speaking these days, and the fact that 2,000 people come out to hear a black transgender woman tell her story gives me high hopes for the world. I think something about me represents the possibility of being unabashedly who you are. You are worthy not because of what anyone else says or what you can do, but simply because of who you are. The beautiful thing I've discovered is that the more I accept myself, the more success has come to me. There's only one Laverne Cox and there's only one you in the world. Find your passion, find people who support you, and follow your path.

“

Finding your
power doesn't
have to be scary.
Instead, it makes
you feel free,
in control, strong,
and proud.

”



MISTY COPELAND

**Soloist, American Ballet Theatre
Honorary Degree in Strength & Grace**

When I was a little girl, I was incredibly shy. My hope was to blend in, to fit in, to not be noticed

in any significant way. I was deeply insecure and unsure of myself. I bet that mirrors the way many of you feel today. Yet so much about who you are and who you can be is yet to be discovered, and that's a reason to be excited, to celebrate.

Most ballerinas take their first ballet class when they are 5 or 6 years old. I was 13 when I took mine on the basketball court of the San Pedro Boys & Girls Club in California. I hadn't seen a ballet before that day, and I wasn't familiar with any of the techniques or terms. I thought this wasn't a world meant for me—many black women have either aspired to be classical ballet dancers or fought to have long careers in this art form. Still, I fell in love with it and fully immersed myself with the dream of one day dancing with American Ballet Theatre. I didn't care how much work it would take, and I didn't see the time invested as a waste or like I was missing out on anything. Ballet became my ultimate passion.

FIND YOUR POWER

More often than we realize, people see in us what we don't see in ourselves. My ballet teacher, Cindy Bradley, told me I was meant to do this, yet for a long time it didn't penetrate that thick layer of doubt I'd embraced early in my life. Her encouragement and inspiration helped me have faith in my abilities and natural talent. I learned to find my power within, and that's carried me through some of the toughest times in my life and career.

So that's my message to you: Find your power. Finding my power has at times been difficult, sometimes due to fear and oftentimes due to feeling overwhelmed by the idea of being judged. What I've learned is that finding your power doesn't have to be scary. Instead, it makes you feel free, in control, strong, and proud.

BREAK BOUNDARIES

I've had to succeed for me, but I've also had to succeed for the dancers who have been told that they did not fit in, that they should think about forms of dance other than ballet, that they did not have a chance. I broke down the stereotype that black women can't lead a ballet.

I was diagnosed with stress fractures in 2012 and required surgery. Many people, some of them doctors, told me that my career was over, that I would never dance again. I reminded myself that I owed it to myself to push harder than I imagined I ever could. What motivated me was family, friends, and mentors. They root for you on the days that you can't root for yourself. They push you forward on the days you'd rather stay behind.

I turned "You will never dance again" into lead roles in storied classical and contemporary ballets. I turned "You are not a ballerina" into preparing to dance the lead role of Clara in American Ballet Theatre's *The Nutcracker*. I turned "She's not focused on her career because she's dancing on tour with Prince" into bringing a new expansive audience to ballet.

Ultimately, finding your power means bringing together everything you have in your arsenal—your will and determination, your support team, your ability to absorb constructive criticism and turn a deaf ear to naysayers—to achieve your greatest potential.

“
Your capacity
to invent
and innovate is
empowering!
”



BEVERLY BOND

**DJ & Founder, Black Girls Rock!
Honorary Degree in Being Bold**

The postcommencement leg of your journey will be charted by many new challenges you'll have to confront courageously. As young women who are transitioning into the next phase of independence, you may face anxiety about stepping into leadership positions. This fear is exacerbated by social norms that pacify our presence, subdue our voices, and minimize our opportunities as women. We are not always socialized to be

unapologetically bold and to “boss up.” We are not always encouraged to be fearless with our dreams and career goals like our male counterparts. We are not often taught to fight our way to the tables where decisions are being made. In many ways, the playing field still has not been leveled to benefit women, but I implore you to ROCK anyway. ROCK YOUR TRUTH always and in all ways!

GET ATTENTION

ROCKing your truth means daring to embrace your unique power. You dare to think and act in a way that enables you to lead boldly, innovate brilliantly, and address social issues bravely. When I became a DJ, I was very conscious of the fact that I was entering a male-dominated field. This motivated me

to work harder so that I could become the best. I was determined to show that my sex was a strength, not a weakness. I learned firsthand the kind of talent, drive, discipline, tenacity, great courage, and integrity it takes to get your voice heard and be respected. Your capacity to invent and innovate is empowering!

LEAVE YOUR MARK

When we create, we tap into the essence of who we are. The creative process develops strong character and teaches lessons like the importance of high standards, dedication, and striving for excellence. These values go hand in hand with using your talent to positively impact the world! ROCK your truth and become a bold author in the next chapter of your life.

GINA RODRIGUEZ

**Actress, *Jane the Virgin*
Honorary Degree in Determination**

People will tell you to go out there and be successful, but they forget to tell you that success means different things to everyone. For me, it never meant money or cars or big homes. It isn't about being famous. It's about being kind and making choices that are going to help you—and others—live a fantastic life filled with integrity and respect. Often we are taught to fight for what we want, but remember the effect you and your words have on others. The way you help someone else achieve her goals will directly affect your own.

Also remember you are strong, beautiful, smart, and independent enough to make your dreams come true. Tell yourself that every day. I was once shown a picture of myself when I was 10 or 15 lbs lighter and I was told, "This is beautiful." Then I was shown a picture of myself at my normal weight at the time. "You see this picture? Not so beautiful." I stopped and I said, "To whose standard?" There are always ways to push down a box that you are put in. There are always ways to find your place in this world.

Believe in yourself and in the power of hard work, but remember that life isn't a race. The end goal isn't the win. Then you'd be done, and there'd be nothing left to strive for. Enjoy this journey because it's going to be fun! You're going to learn so many things that are going to make up who you are. The highs and the lows contribute to each other. You'll know success because of failure. Those are going to be the exciting parts. So keep your head down, your prayers up for all the things you wish for in life, and do good work.

GRAPHIC SHIRT Jeremy Scott.
TWO-TONE SWIM TOP Moeva.
CHECKED SKIRT Kate Spade Saturday.
REFLECTIVE SUNGLASSES
Westward Leaning.
HOOP EARRINGS Model's own.
GOLD RINGS Jennifer Fisher.
METALLIC SHOES Birkenstock.

HELLO SUMMER

STYLING BY JAMES WORTHINGTON DEMOLET
PHOTOGRAPHS BY TOM SCHIRMACHER

Beach, please! Soak up every drop of awesomeness in playful prints, standout sunnies, and hyperbright colors. (Surfboard optional.)



*PRINTED JACKET
AND SWIMSUIT*
Baja East.

COLOR-BLOCK SWIM TOP
Charlie by Matthew Zink.
EMBELLISHED SWIM
BOTTOMS La Perla.
PALM-PRINT PANTS H&M.
BEADED NECKLACES AND BRACELETS
Iwona Ludyga Designs.
GOLD RINGS Jennifer Fisher.



BEAUTY TIP

Reflective shades look even cooler paired with equally brilliant lips. Our fave high-shine gloss: Dolce&Gabbana Sheer Shine Gloss in Acqua, \$31.50, sephora.com.

HAWAIIAN SHIRT Clover Canyon.
POLKA-DOT SKIRT Worthington.
GOLD SUNGLASSES Steven Alan Optical.
TRIANGLE EARRINGS
Earthy Chic Boutique.
TRIBAL BACKPACK Bluma Project.
WHITE SHOES Sperry.

MODEL MOMENT

Name: Beatriz Santana

Hometown: Salvador, Brazil

Current swimwear obsession:

"Wet suits! I've always been obsessed with surfing, and having one of those makes me feel like a pro."



FLORAL SHIRT Levi's Vintage Clothing.

YELLOW SWIM TOP Charlie by

Matthew Zink.

SUNFLOWER SHORTS Alice + Olivia
by Stacey Bandet.

YUCATAN SANDALS Ecco.

RECTANGULAR SUNGLASSES Gucci.

GOLD BRACELETS

Alex and Ani.

TRIANGLE EARRINGS AND RINGS

Earthy Chic Boutique.

MODEL MOMENT

Name: Caroline Kelley


Hometown: Las Vegas, NV

Instagram: @carolineannkelley

Favorite hobbies: "I love to snowboard, do Pilates, paint, draw, and swim."



BANANA TEE Aéropostale.
DRAWSTRING SHORTS Rowley.
BLUE-BEADED NECKLACE
AND BRACELET
Vanessa Mooney.
GOLD RING Jennifer Fisher.



ON BEATRIZ, LEFT:
TIE-DYE SWEATER
Raquel Allegra.
STRIPED SWIM TOP
Lucky Brand.
PURPLE SKIRT J.Crew.
*TRIANGLE EARRINGS AND
GOLD RINGS*
Earthy Chic Boutique.
SHORT THIN NECKLACE
Iwona Ludyga Designs.
*LONG NECKLACE WITH
TASSELS* Haus of Topper.

ON CAROLINE, RIGHT:
CROCHET SWIM TOP
Billabong.
LEAF-PRINT SKIRT
J.Crew.
ROPE NECKLACE
Cleobella.
COLORLED BRACELETS
Mono & Me.
GOLD RINGS
Jennifer Fisher.

BEAUTY TIP

Who says you can't rock a dark mani year-round? A deep purple (try Dior Vernis in Nuit 1947, \$27, dior.com) or black (like Chanel Le Vernis in Black Satin, \$27, chanel.com) is totally unexpected.



TROPICAL TOP AND SKIRT

Michael Michael Kors.

GOLD RING Jennifer Fisher.

TASSEL NECKLACE

Krystal Sasso.

WHITE WATCH Michael Kors.

TOP-HANDLE BAG
Michael Michael Kors.

Hair: Heather Blaine using Redken.
Makeup: Samantha Trinh at Kate
Ryan Inc. using Chanel Rouge Coco.
Prop Stylist: Cristina Forestieri.

WING IT

A trio of flicks is way cooler than just one. Use a thick marker liner like a stamp—it makes a perfect triangle shape—and press the tip where you want the shape to end. Then press it back toward the outer corner of your eye. Repeat three times at different angles. (Try L'Oréal Paris the Blackbuster by Infallible, \$9, drugstores.)

JACKET
REDValentino.
RING
Kelly Wearstler.



photographs by Arthur Belebeau
BY MARTA TOPRAN
Illustration By Fleury Rose

MODEL MOMENT

Name: Jo Elias

Hometown: Bloomfield, NJ

Instagram: @_visionsofjohanna

Her beauty inspirations:

Joan Smalls, Kim Kardashian,
and Beyoncé

All-time fave product:

Chanel Coco Mademoiselle
(\$70 for 1.7 oz., chanel.com)

TWICE AS COOL

Ready to get double the compliments? Add another line to your usual liner sitch.

Look straight into a mirror and sweep a quick-drying liquid liner (try Clinique Eye Defining Liquid Liner, \$16.50, clinique.com) from inner corners up and along your crease, then slightly past outer corners.


DRESS
Diane von Furstenberg.
EARRINGS
Vita Fede.

FAT CAT

This kitty is so party purr-fect. The key: a gel liner (such as Revlon ColorStay Crème Gel Eye Liner, \$10, drugstores)—it dries matte and won't budge. Use a stiff angled brush to outline and fill in your entire lid into an oversize cat-eye shape.



DRESS
Holly Fulton.
EARRINGS
Nektar De Stagni.
RINGS
Maria Francesca Pepe.



TOP AND SKIRT
Jeremy Scott.
NECKLACE AND
RINGS
By Boe.

NEGATIVE SPACE


The popular nail art trend looks just as fierce on lids. Trace your lower lashline, then fill in your lids up to the crease using a chubby pencil (like Rimmel London ScandalEyes Eye Shadow Stick, \$4, drugstores). Extend the color out into a rectangle, then use a cotton swab dipped in makeup remover to create a window of skin on lids.

Fashion Editor: Aeyung Kim.
Hair: Nicolas Eldin using Oribe at Art Department.
Makeup: Vincent Oquendo at The Wall Group using Chanel.
Manicure: Fleury Rose using Chanel Le Vernis.

GET LOW

Turn your go-to look upside down. Simply drag a fine-tipped marker liner (try Maybelline New York Eye Studio Master Precision Ink Liquid Pen Eye Liner, \$8, drugstores) from slightly below your inner corners out along your lower lashlines.

TOP
DKNY.
EARRINGS
Larucci.
CUFFS
Alexis Bittar.

 SEVENTEEN.COM/EYELINER 21 life-changing eyeliner hacks.

A TALE OF TWO SISTERS

Photographs by
Jessica Antola



LORENA, 14

Born in Nevada, she's a US citizen—giving her more rights than her parents and older sister, Rixa.



**THEY SHARE
CLOTHES AND
COLLEGE
DREAMS, BUT
A TRUTH ABOUT
THEIR FAMILY
COULDN'T MAKE
THEM MORE
DIFFERENT.**

**By Melanie
Abrahams**

RIXA, 17
Born in Mexico,
Rixa and her parents
crossed the US border
illegally when
she was just a baby.

I

t's 5:30 in the morning and pitch-black outside the Rivera family's Caldwell, Idaho, home. Inside, the lights are bright and the curling iron is hot, as 17-year-old Rixa and her 14-year-old sister, Lorena, get ready for school in the older girl's bedroom. "I'm so nervous!" announces Rixa, who has a precalc exam first period. Lorena, meanwhile, is chatting away about a

guy she met at a leadership seminar. "I don't have time for a boyfriend—besides Ansel Elgort," she says, laughing. "But we're texting." When Lorena leaves the room, Rixa begins digging through her makeup case and sighs. "She comes in here and takes my mascara, my blush . . . everything!"

Boys, school, fights over makeup—they seem like any other pair of high school sisters, except there's a catch: Lorena was born in this country, and Rixa is not an American citizen. In fact, she came here illegally from Mexico with their parents, who carried her across the border in a backpack when she was 18 months old. In the eyes of the law, she's an "undocumented immigrant" just like 1.4 million other students in our country. So for all that Rixa and Lorena have in common—they go to the same school, ride the same bus, belong to the same dance team, and even split babysitting duties for their four younger siblings, who are all US citizens—there's a lot that sets them apart. Not only does Rixa live with a constant risk of deportation (see box on the next page), but she also can't get a driver's license, won't have the right to vote when she turns 18, and simply doesn't have the same

post-high school opportunities as her sister. "Rixa is smart and works so hard," says Lorena. "She should have the same chances I do."

COLLEGE GOALS

Rixa has been working overtime to prove she deserves those chances. The junior has a 4.0 GPA, is a varsity cheerleader, the shortstop on her softball team, and was voted onto the homecoming court last fall. Outside of school, she's active in her neighborhood's 4-H club and her church's youth group. It sounds exhausting, but she has a good reason to stay busy: "When I have time to think about my family problems—who's legal, who's not, and what it all means—I feel helpless," she explains. "I'd rather concentrate on cheer or softball because I can have control over those things." Losing herself in music from the *Wicked* soundtrack and Disney movies also helps. "*The Little Mermaid* is my favorite," she says. "Ariel expects more from life, she wants freedom—and she makes that happen."

And what does Rixa want? "I want to go to college," she says. "I'm interested in so many things from drama to forensics, but I'm really good at math and chemistry. It would be cool to be a chemical engineer." But her undocumented status will make that a difficult goal to reach. Some schools won't let students like Rixa apply, and many universities would charge her an international student tuition rate—an extra \$20,000 (or more!) per year—because she's not a legal resident. On top of that, she's not eligible for federal financial aid. With her mom working 12-hour days at a food packing plant, and her dad taking day jobs on construction sites, money is tight. For

THEIR WORLD

Lorena and Rixa get ready together in the morning (1), but in school, they do their own things: Rixa uses her lunch period to work on homework (2), while Lorena texts and plays games (3). With Lorena on student council (4) and Rixa on varsity cheer (5), they've got school spirit covered. After a youth group meeting, they head to Tacos El Rey for the best Mexican food outside of their mom's kitchen (6).



her part, Rixa has a legal work permit and has worked odd jobs, but she may skip prom because she can't afford a new dress in addition to all her after-school activity fees.

Faced with barriers like those, it's no wonder only about 5 to 10 percent of undocumented students in the US end up in college. "My God, I envy how much easier it's going to be for Lorena," Rixa says. "She doesn't have to work half as hard as me to have twice the chances of going to a good school. I'm proud of her, she's a better student than most freshmen, but it's still not fair."

HIGH STANDARDS

Rixa says some people expect less of her because of her status, but that only fuels her drive. "There's this idea that undocumented kids tend to slack off and then just work in the fields with their parents or something. But I know what I am and what I can be. I'm going to prove them all wrong." Rixa is not just tough on herself; she pushes Lorena to be successful, too. "I'll never forget the day Lorena came home with a D in

CAN RIXA BE DEPORTED?

It's possible. Right now, she's covered under Deferred Action for Childhood Arrivals (DACA), a policy that delays deportation for people who were brought to the country before their 16th birthday. But the protection is only temporary: She has to apply every two years (and pay a \$465 fee) to the government program. Plus, immigration is a hot-button issue. If lawmakers take away the program, she could be sent back to Mexico.

What about her parents?

President Obama is trying to start a program like DACA for people like Rixa's mom and dad whose children are US citizens—but it has been put on hold while courts decide whether or not the plan is constitutional. So, for now, the risk of Rixa and Lorena's parents being forced to leave remains.

one of her classes," says Rixa. "I was like, 'Are you even serious?' We got into a fight, and she yelled, 'Sorry, I'm not perfect like you, Rixa!' But I don't need her to be perfect—I just need her to try. Things could be so good for her, and I want them to be."

Lorena jokes her older sister can be "bossy" but says she's grateful for the guidance. "I'm lucky to have Rixa looking out for me."

Despite that one bad grade, Lorena is pretty impressive: In addition to running track, she's on student council, helped create an anti-bullying curriculum, and is about to start teaching healthy-living seminars to students across Idaho. "I want to go to Columbia University in New York, study political science or law, and maybe even be mayor one day," she says. "I know from my own life that there's so much about our country that needs to change. I want to be a part of that."

STICKING TOGETHER

One worry both girls (and the rest of their family) share is the fear of being separated. In 2013 alone, more than



72,000 immigrants who were deported said they had US-born children, and many, if not most, of those kids wound up in foster care. In Caldwell, the agricultural town of about 50,000 where the girls live, there are many undocumented or mixed-status families who could suffer the same fate. “When we were little,” Rixa remembers, “news would spread that immigration enforcement officers were in town. Our mom would take us out of school and keep us kids in the house for a week. We couldn’t even go out to play—but we knew it was important if we wanted to stay together.” Although Rixa received temporary protection from deportation last year through a special government program, she still worries about being forced to leave the country. “If I’m in the car with my boyfriend and I see a cop, I freeze up,” she says. “If I’m implicated in anything, even something little, it could put my protection at risk. It’s scary.”

Both sisters feel strongly about the issues that affect their family. Last year, Rixa and Lorena joined the Idaho Community Action Network (ICAN), an organization focused on social justice, and went on a group trip to Washington, D.C., where they marched in a rally for immigration rights. “Our mom didn’t want us to go at first. She thought I might get in trouble or deported for speaking out. Once she knew it was a peaceful protest and we wouldn’t break any laws that could jeopardize my protection, she said okay,” Rixa says. “For Rixa and Lorena, this isn’t a pet project—it’s their life,” says Krista Bustamante, ICAN’s organizing director. “They are two of our youngest members, but they’re also among the most committed to the cause.” Lorena says sometimes people ask her why she cares so much, since she’s a citizen. “Those people aren’t thinking,” she says. “These are my parents and maybe even my sister who could get taken away. I can’t think of anything that would affect me more.”

A BETTER FUTURE

Despite the challenges, Rixa loves everything America affords her. “Some people have told me to ‘go back to my country,’” she says, “but what they don’t get is that life here is better than it would be where we came from in rural Mexico. My mom—who risked her life and left her whole family to come here—told me by the time a girl is my age, people expect her to have babies. I’m sure not everybody thinks that, but it’s still crazy. I’m 17! My life here might not be perfect, but at least I get to go



Undocumented students like Rixa are guaranteed an education only through high school.

WHAT YOU CAN DO TO HELP

BE INFORMED: Follow @UnitedWeDream on social to stay up-to-date on laws that could affect families like Rixa’s and to hear about upcoming rallies, marches, and petitions.

GO SOCIAL: Make your own sign that says “Stop Separating Families.” Then Instagram a selfie with it and include the hashtag #ImmigrationAction to show your support!

SIGN YOUR NAME: If you wish it were easier for girls like Rixa to go to college, head to unitedwedream.org/grant-in-state-tuition and ask schools to make tuition more affordable.

to school, go to homecoming, and cheer at basketball games—stuff all teenage girls should be able to do.”

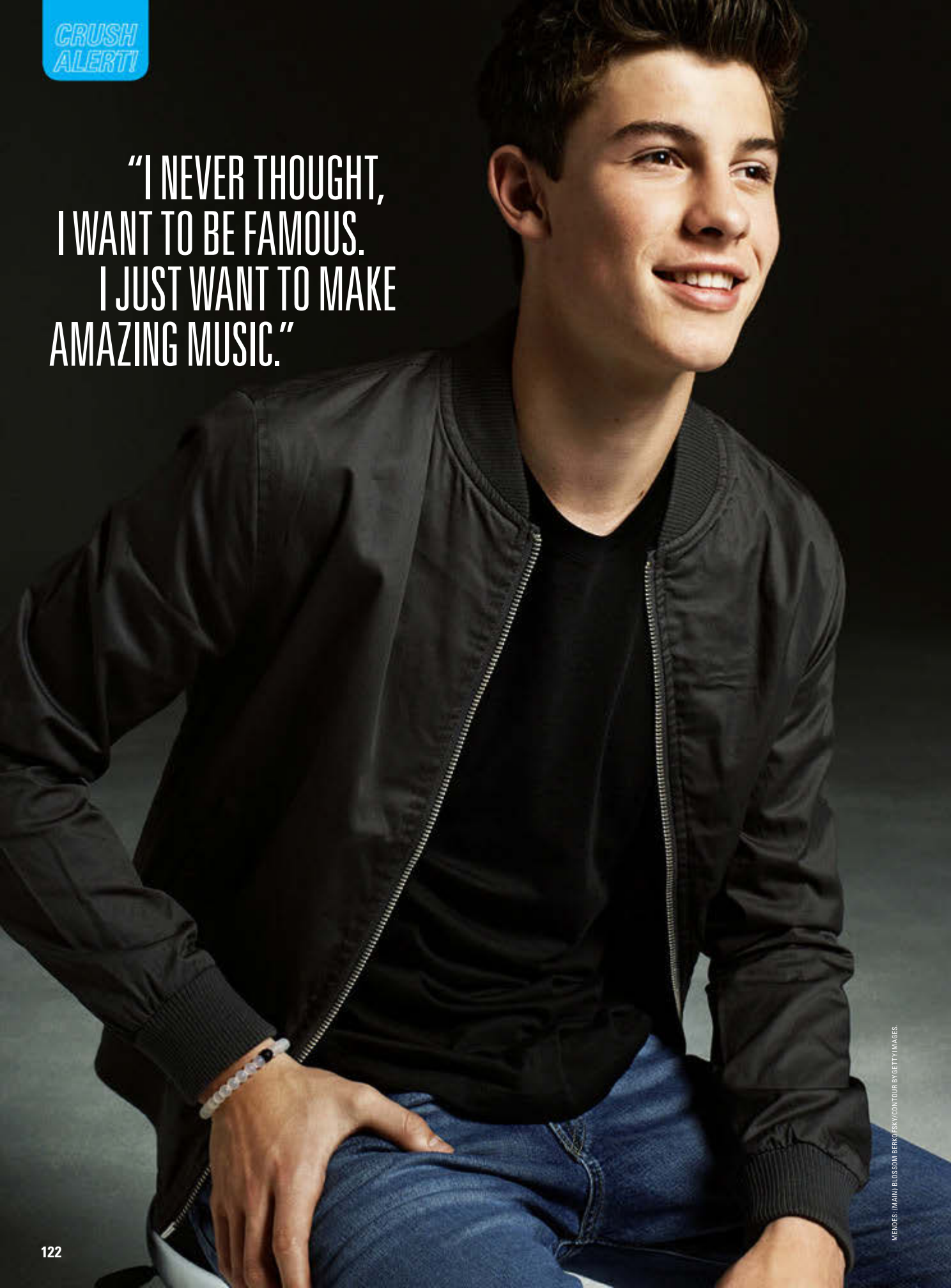
That includes focusing on her future. At a recent college fair, Rixa and her boyfriend, Noah, heard the Idaho State University rep mention full-ride scholarships for in-state students with high GPAs. Noah lit up and told her, “That’s you!” forgetting that, technically, it’s not. “People like Noah think it will work out, and I love that they believe in me, but I don’t think they get what I’m up against,” says Rixa. Still, she remains determined to continue her education and plans to apply for private scholarships to help pay for college. When asked about her dream school, Rixa says, “I honestly don’t have one. I mean, if I went to UCLA, that would be so cool. And I think the College of Idaho looks good. But at this point, anywhere I could go would be a dream.”

STOP
SEPARATING
FAMILIES



Rixa keeps the protest sign she carried last year in Washington, D.C., above her bed.

"I NEVER THOUGHT,
I WANT TO BE FAMOUS.
I JUST WANT TO MAKE
AMAZING MUSIC."



SWEET SUCCESS

WITH HIS DEBUT
ALBUM,
HANDWRITTEN,
AND AN UPCOMING
TOUR WITH
TAYLOR SWIFT,
SHAWN MENDES
REALLY IS
SOMETHING BIG.

BY ALEX ABEL

Congrats on your summer tour with Taylor! What are you most excited about?

It's going to be the biggest adrenaline rush of my life and the most fun I've ever had. She's so nice and humble. I look up to her like crazy. I'm excited to see our relationship grow.

You scored an invite to her birthday party, which is a good start. What was that like?

She has the best-smelling house in the world. It was like vanilla mixed with flowers and the most beautiful pine trees. It was heaven walking into that place.

What other singers inspire you?

Ed Sheeran. People doubted him for his folk sound, but he stuck with it. I've met him a couple times; he's a really awesome guy.

You've come a long way since posting your first Vine in 2013, and you're only 16! How has your life changed the most?

The biggest change has been leaving home so much. It's weird not having a routine or seeing my friends and family every day. It's forced me to grow up and recognize how much my parents do for me—like making sure I'm okay and I've eaten. I'm so grateful now.

Do you bring any of those feelings into your music?

Definitely. I write songs about being overwhelmed but also about loving who you are. I'm a teenager. I'm learning about myself. I want to share that it's okay to talk about how you feel.

A lot of your songs are also about love. What's the first thing you notice in a girl?

Usually there's a thing in a girl's eyes that I like to see, like a happiness. But right after that is humor. I could never be with a girl who didn't get I was joking. And confidence is something I've tweeted about many times. That's key.

Do you have any advice for teens who want to turn their passion into success?

I've realized that people who make it and have a long career are the nicest people. I don't think Taylor would have asked me to join her tour if I wasn't kind to her. A lot of it is also staying true to yourself, instead of always focusing on what sells. I never thought, I want to be famous. I just want to make amazing music.



FROM SCHOOL TO STARDOM: 1. The singer, who's from Pickering, Ontario, Canada, at age 7. 2. With his mom, Karen, and 11-year-old sister, Aaliyah. 3. Hanging out with Ed Sheeran after one of the Brit's performances. 4. Partying with birthday girl Taylor Swift in December. 5. Working on new music in the studio this March.

LIFE

MacKenzie's
sweet tooth
balances out
the team.

Sarah's
favorite food
is spicy
ramen.



POWERGIRLS

“WE MAKE COLLEGE DELISH FOR 600,000 STUDENTS!”

MacKenzie and Sarah sparked a food revolution that's taken hold at over 50 schools nationwide.

When she started at Northwestern University, MacKenzie Barth survived on three food groups: fruit, fries, and ice cream. Her fellow student Sarah Adler barely ate vegetables. “We were sick of relying on whatever the dining hall had, but we didn’t know how to do things differently,” says MacKenzie, now 23. So in 2012, they decided to launch Spoon University, an on-campus magazine for and by students, filled with dorm-friendly recipes (think no-bake cookies and clothing-iron quesadillas), dining hall hacks, and off-campus restaurant recs. “We needed to raise a couple thousand dollars for the first issue. It seemed impossible, but through Kickstarter and ad sales, we did it,” says Sarah, 24. After graduating in 2013, the duo moved to New York, learned how to code, and launched Spoon University’s site, which breaks down the foodscape at more than 50 colleges. Now “about 600,000 people visit our site—and a university in India has started a local chapter!” says MacKenzie.



◀ BUZZY BITES

“We threw a launch party before the magazine was even real. It really helped build excitement on campus!”

—MacKenzie

THEIR SUCCESS SECRETS

FIND YOUR FOLLOWERS

“When everyone was obsessed with *Top Chef* and Instagramming food, we knew we had a built-in audience.” —Sarah

KEEP BELIEVING “We heard a lot of *no* when we first tried to sell ads. It was humbling, but giving up wasn’t an option. Persistence paid off in the end.” —MacKenzie

TAP TALENT “Our contributors write, take pics, try recipes, you name it. Remember, everybody’s got something to offer!” —Sarah



HOW TO HOST A YUMMY GUAC PARTY

SPICE UP YOUR CINCO DE MAYO WITH TIPS FROM THE SPOON UNIVERSITY FOUNDERS.



TEAM UP

Ask your friends to form teams and have each group bring everything they need to make their guac—except for the recipe itself. Then give them 30 minutes to make their dip from memory. “People get really competitive!” says Sarah.



TEST ‘EM OUT

Put scoops of each guac into smaller bowls. Label them with numbers, and send three judges to another room for a taste test. The rest can dig into what’s left while waiting for a verdict. Hint: “The winning bowl usually goes fastest,” says MacKenzie.



TRADE RECIPES

Once the winners are named (Bow down to avocado royalty!), ask them to send you the secret recipe. Forward it along to everyone else as a thank-you for coming out!

YOUR **CHEAT SHEET** TO...

TURNING UP YOUR

Fact: Your Tumblr is amaze. Problem: Only your BFFs ever see it.



CONSISTENT

1 POST ON THE REGULAR

You can put up a cute GIF or feel-good quote in seconds. But spread them out through the day. "People get annoyed when they see six posts from the same person in one hour," says Amy Vernon, digital content analyst and cofounder of Predictible.ly.

2 BECOME INVOLVED

Liking and reblogging others' posts will make them more likely to check out your stuff. "Put effort into reaching out instead of waiting for people to magically find you," says Vernon. "This is one platform where you really get back what you give."



3 ALWAYS GIVE CREDIT

Using other people's content without mentioning them counts as stealing, so be sure to reblog or link to the original source unless you created it yourself. "And it's never cool to cut out a watermark on an image," warns Vernon.



4 USE CLEAR TAGS

Make it easy for people to find your incredible blog with the right hashtags. "Think of how you might search for your own content and use those hashtags first," says Vernon. Then go ahead and add a couple of those #weirdinsidejoke ones to show off your sense of humor.



5 PICK A TOPIC YOU LOVE

Passion is everything in the Tumblrverse, so choose a subject you're obsessed with. "If you're not amused by it, nobody else will be!" says Vernon. Another tip? Blogs focused on just one current event fizzle fast—make sure yours can last.

TUMBLR

Double your followers now. by Caylin Harris

blog bosses

Six girls show you how to use Tumblr to express yourself.



SHOWCASE YOUR ART

amymebberson.tumblr.com

Check out Amy's adorable Pocket Princesses series for a major cute fix, then think about posting your own art to Tumblr.



SHARE YOUR SKILLS

collegeapp-chick.tumblr.com

Jillian, a student at the College of William and Mary, offers spot-on college application advice. Got wisdom? Put it out there!



CALL OUT YOUR FAVES

heyteenbookshey.tumblr.com

Friends Becky and Allyx keep you current on what's new in YA, their favorite reads, and which books will be made into movies.



CELEBRATE CONFIDENCE

smartgirlsattheparty.tumblr.com

Amy Poehler's girl-powered blog will lift you up with feminist GIFs and fun quotes—and give you ideas for your own inspiring page.



BE THE MEGA-FAN

**nitemaredressed
likeadaydream.tumblr.com**

Swiftie Nadia re-created Tay's 1989 Polaroids and actually got the singer to reblog her.



CHANGE THE WORLD

**lgbt-equality-for-everyone
.tumblr.com**

What cause do you care about? Mariah, a New York University grad student, filled her site full of LGBT pride.



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instant, painless hair removal



TRAUMARAMA

Everyone has humiliating moments!



PUT ON THE SPOT

"My friend and I were at my boyfriend's start-of-summer BBQ. There were ice pops for dessert, and I basically inhaled a cherry one, my fave. Well, a few minutes later, I looked down and noticed I'd dripped red spots all over the front of my cute new white shorts! It basically looked as if I had my period. I had to walk around like that for the rest of the day in front of my boyfriend's whole family. That humiliation is seared into my brain for life!"

SIRI-OUSLY?

"I was at a sleepover with all my friends, chatting about the guys we're crushing on at school. I was asking if I should make a move on one of my guy friends who I'm into. But as I was talking, my phone *called* him because Siri heard his name—he was on the line for a full 10 seconds before I realized! I just shut my phone off and buried myself in a million blankets for the rest of the night. Worst. *Ever.*"

PEEKAWHO?!?

"We got these big tests back in math one day. I saw that my BFF didn't do so well, and she sprinted out upset right after class. I assumed she was in the bathroom, so I went to look, and when I got there saw just one stall taken. I stood up on the toilet in the stall next to it to convince her to come out . . . only it wasn't my friend—it was my history teacher! I wanted to cry all the tears."



OUTTA THIS WORLD

"My friends and I were meeting at a new fraternity's outer-space-themed party one night. I had on tons of neon clothes, crazy makeup, and weird accessories—I looked ridiculous. When I arrived, all I saw was a room of confused-looking boys in regular clothes. After laughing for a solid five minutes, they told me I was at the wrong house. I ran out so fast."



CRINGE CYCLE

"I needed clean gym clothes, so I grabbed some from the dryer before heading out the door. At the beginning of class, we were doing jumping jacks and a couple guys behind me started snickering. I whipped around, and they just pointed to my sweatpants. My mom's granny underwear was stuck to my butt! They must have

been mixed in with the load. I have never been so red. I now do daily butt checks before going out."

LOST IN TRANSLATION

"I was waiting for a bus to take me around campus, when a really cute guy came up next to me and smiled. I wanted to talk to him, but I was nervous. When the bus came, he looked at me, and although I couldn't exactly make out what he'd said, I thought it was, 'You look good today.' I smiled confidently and said, 'Thanks! You don't look too bad yourself.' Confused, he said, 'Huh? I asked if you were doing good today. . . .' That was an awkward bus ride."

RIP-TIDE

“When I was 16, my friends and I were at the beach, hanging. There were these really cute guys over by the lifeguard stand, so we started splashing around, trying to be cute to get their attention. Out of nowhere, this giant wave knocked us all out. We finally got up, and the guys walked right by us, laughing. I was so confused, but when we looked down, I saw all our bathing suit tops were either totally down or out of place! So not the kind of attention we were hoping for.”

—TORI KELLY

CELEB TRAUMA!



SWIM BLOWOUT!

Save this calendar for a chance to win every day in **May**.

HOW TO ENTER

Starting May 1, log on to seventeen.com and type in the Freebie Phrase of the Day in yellow to be eligible to win. But hurry—each Freebie will be live for just 24 hours beginning at 12 A.M. ET. Winners will be posted at the end of the month. Go to seventeen.com/freebies or see [page 131](#) for details.

 <p>5/1 5 winners score a royal blue one-piece from Adore Me</p> <p>BLUE</p>	 <p>5/2 5 winners snag a leopard bikini from MISSGUIDED</p> <p>ANIMAL</p>	 <p>5/3 5 winners get a tropical bikini from Del Mar by Bergheny</p> <p>SPLASH</p>	 <p>5/4 5 winners receive a dark tie-dye suit from Beach Riot</p> <p>BEACH</p>	 <p>5/5 5 winners snap up a cutoff one-piece from Issa de' mar</p> <p>SUN</p>	 <p>5/6 5 winners score a bright two-piece from Lisa Blue</p> <p>STRIPE</p>	 <p>5/7 3 winners get this floral bikini from Cleo by Panache</p> <p>FLORAL</p>
 <p>5/8 5 winners receive a pastel swirl bikini from Lisa Blue</p> <p>SWIRL</p>	 <p>5/9 5 winners snag a pretty bow two-piece from Loli Swim</p> <p>BOW</p>	 <p>5/10 5 winners land a one-shoulder suit from Miraclesuit</p> <p>SHEER</p>	 <p>5/11 5 winners grab a retro bikini from Coco Rave</p> <p>RETRO</p>	 <p>5/12 5 winners get a turquoise polka-dot suit from Adore Me</p> <p>DOTS</p>	 <p>5/13 3 winners score a ruffle bikini from Stemple Golden</p> <p>GIRLY</p>	 <p>5/14 5 winners snap up this colorful bikini from Gypsea Swimwear</p> <p>COLOR</p>
 <p>5/15 5 winners receive a candy-colored suit from Wildfox</p> <p>SWEET</p>	 <p>5/16 5 winners snag a beaded bandeau suit from ECO PEACE</p> <p>BEAD</p>	 <p>5/17 5 winners get a fun two-piece from Adore Me</p> <p>FLIRTY</p>	 <p>5/18 5 winners land a sporty bikini from Del Mar by Bergheny</p> <p>MINT</p>	 <p>5/19 5 winners grab a patterned string bikini from JCPenney</p> <p>PASTEL</p>	 <p>5/20 3 winners score a bandeau suit from Milk the Goat</p> <p>CORAL</p>	 <p>5/21 5 winners get a Vita Coco Coconut bikini from L'Space Swim</p> <p>COCO</p>
 <p>5/22 5 winners snap up a chevron two-piece from Beach Bunny</p> <p>CHEVRON</p>	 <p>5/23 5 winners snag a flowersy bikini from JCPenney</p> <p>ROSE</p>	 <p>5/24 3 winners receive a neon one-piece from Milk the Goat</p> <p>NEON</p>	 <p>5/25 5 winners land this lacy Raisins suit from Bikini.com</p> <p>LACE</p>	 <p>5/26 5 winners grab an indigo bathing suit from IZTALI SWIM</p> <p>INDIGO</p>	 <p>5/27 3 winners score an athletic swimsuit from Milk the Goat</p> <p>SPORTY</p>	 <p>5/28 3 winners get a yellow polka-dot suit from Cleo by Panache</p> <p>YELLOW</p>
 <p>5/29 5 winners snap up a cute striped bikini from Cynababy Swimwear</p> <p>PINK</p>	 <p>5/30 5 winners snag a word bubble one-piece from Wildfox</p> <p>WORD</p>	 <p>5/31 5 winners get a Raisins bandeau suit from Bikini.com</p> <p>WAVES</p>	<div> <h2>GRAND PRIZE</h2> <p>Look amaze on the beach! One lucky winner will score a \$300 gift card from Shoshanna to stock up on pretty swimsuits and cover-ups.</p> <p>GRAND</p> </div>			

YOUR HOROSCOPE

By Sally Brompton

capricorn

Dec 22–Jan 19

Mercury will be in your well-being area from the 1st, and finding a cool workout will top your to-do list. With Mars's influence, you'll crave something fierce. Kickboxing, anyone!?



aquarius

Jan 20–Feb 18

You're a rebel by nature, but until the sun moves in your favor on the 21st, playing by the rules is the only option. Otherwise, an authority figure could bring on a *world* of pain. After the 22nd? Rock on.



pisces

Feb 19–Mar 20

A close friend may make a snarky comment on the 15th, but try not to take it personally. With Mars and Saturn stirring up drama, people will be saying lots of crazy things that day they don't mean.



aries

Mar 21–Apr 19

When the moon is new on the 18th, you'll be inspired to toss whatever you don't want or need. Clearing up space in your life will feel *so* energizing. Donating that stuff to a cause will feel even better.



taurus

Apr 20–May 20

You and a cutie started hanging out seconds ago, but you'll get an urge to make things official on the 4th. That's just the full moon trying to rush things! Wait till the 5th to assess any 'ship potential.



gemini

May 21–Jun 20

A buddy from your last summer job could reach out with a fun gig when Mercury is retrograde on the 19th. The prob? You will be multitasking like a maniac and may miss the text. Focus, Gem!



cancer

Jun 21–Jul 22

A new friend definitely has a rep for being edgy, but you sense a sweet side too. Is that just wishful thinking? On the 16th, Venus and Neptune will join forces to reveal her true nature. Stay tuned.



leo

Jul 23–Aug 22

Your BFF is having issues with her guy, but she won't say what they are. You will figure it out on the 27th and want to support her, but the stars say to stay out of it unless she asks for help directly.



virgo

Aug 23–Sep 22

You can tell that girl who transferred to your school hasn't found her crew yet. On the 7th, Venus will prompt you to extend a casual invite her way. It turns out she's a perfect fit for your squad. Nice!



libra

Sep 23–Oct 22

You can get moody now and then, but a nasty planetary opposition on the 22nd could send you into Total Meltdown mode. Just know it *will* pass and you'll soon feel like your old self again.



scorpio

Oct 23–Nov 21

You're one of the coolest signs of the zodiac (obvs), but sometimes you can go from cool to downright cold. That could change on the 7th, when Venus introduces you to a hottie who may melt your heart.



sagittarius

Nov 22–Dec 21

You've had to scrape cash together lately, but luckily you'll have the chance to earn some money during the first half of May! Bonus: After the 12th, you'll have plenty of amazing ways to spend it.



SWEEPSTAKES RULES

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Must be female, between the ages of 13 and 29, and a legal resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law, unless otherwise noted. Odds of winning depend on the number of eligible entries received.

HOW TO ENTER THE READER FEEDBACK SURVEY (page 14): **NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. There are two (2) ways to enter beginning December 1, 2014, at 12:01 A.M. ET, through December 31, 2015, at 11:59 P.M. ET: Go to maysurvey.seventeen.com on either 1) a computer or 2) a wireless device and complete and submit the entry form pursuant to the on-screen instructions. One (1) Winner will receive a \$500 American Express Gift Check; five (5) Second Place Winners will receive a \$100 American Express Gift Card Gift Checks. Total approximate retail value: \$1,000. Important Notice: You may be charged for visiting the mobile Web site in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia, or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at maysurvey.seventeen.com.

HOW TO ENTER THE MAY FREEBIES DAILY AND GRAND PRIZE SWEEPSTAKES (page 130): **NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. This Sweepstakes is in no way sponsored, endorsed, or administered by, or otherwise associated with, Apple Inc. You understand that you are providing your information to Sponsor and not to Apple Inc. There are two (2) ways to enter beginning May 1, 2015, at 12:00 A.M. ET, through May 31, 2015, at 12:00 A.M. ET (the "Entry Period"): (i) Download the Seventeen for iPhone App, which is free, by visiting your mobile phone app store, and follow entry instructions; or (ii) go to seventeen.com/freebies, and complete and submit the entry form pursuant to the on-screen instructions. The next day's Daily Sweepstakes begins at 12:00 A.M. ET. Winners of the Sweepstakes will be posted on seventeen.com/freebies on or around five days after the date of the last Daily Sweepstakes. Entrants may enter each Daily Sweepstakes one time during each 24-hour time frame. Each Daily Sweepstakes is a separate drawing and must be entered separately. Multiple entries for a single Daily Sweepstakes will be disqualified. Please note that all eligible entries for each day of the Daily Sweepstakes will be aggregated and the Grand Prize Winner will be selected from all the eligible entries for this month's Daily Sweepstakes. Important Notice: You may be charged for visiting the mobile Web site in accordance with the terms of your service agreement with your carrier. The Sponsor of this Sweepstakes is Hearst Communications, Inc., 300 W. 57th Street, New York, NY 10019. Any questions, comments, or complaints regarding the Sweepstakes should be directed to the Sponsor, not Apple Inc., and Entrants agree to release Apple Inc. from any liability in connection with this Sweepstakes. Apple Inc. is not responsible for the prizes awarded to the Winner. Daily prizes: Approximate retail values range from an approximate retail value of \$42 to an approximate retail value of \$225. Grand Prize: One winner will receive a gift card to Shoshanna (approximate retail value of Grand Prize: \$300). Must be between the ages of 13 to 29 and be a legal resident of the United States, the District of Columbia, or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Subject to Official Rules at seventeen.com/freebies.

CONTEST RULES

HOW TO ENTER THE SEVENTEEN BEAUTY SMARTIE CONTEST (page 74): **NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. Beginning April 4, 2015, at 12:01 A.M. ET, through May 18, 2015, at 11:59 A.M. ET, go to seventeen.com/2015beautysmarties on a computer or wireless device, fill out the entry form, and submit a link to a 90-second video explaining why you should be the next beauty smartie. Important Notice: You may be charged for visiting the mobile Web site in accordance with the terms of your service agreement with your carrier. Open to legal residents of the 50 United States and the District of Columbia, who are between the ages of 13 and 22 in their state or territory of residence at time of entry. Legal residents of Canada (excluding Quebec) who have reached the aforementioned age in their province of residence at time of entry are also eligible to enter. Void in Puerto Rico and where prohibited by law. Contest is subject to complete Official Rules available at seventeen.com/2015beautysmarties.

= MONEY ON THE WAY = FUN WITH FRIENDS = MAJOR DRAMA = SPOTLIGHT ON YOU = FLIRTY FUN

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LENA DUNHAM

The author, producer, director, and star of *Girls* says don't let any critics get in your way.

I was a bona fide weirdo in high school. My best friend was my dad. (Still is.) I wore my yellow rubber clogs every day. I was so obsessed with my pet rabbit that I fed her bananas from my mouth. I was into '80s pop; hip-hop was cool. I brought a bagel to the party, not beer. No one shoved me into a locker or anything, but they definitely made it clear that no one was crushing on me or even respecting me.



Lena wore her mom's prom dress for her senior photo in high school. "She snapped this pic of me annoyed."

One sad day, I tried an experiment. I put on my most "normal" jeans (flares—it was the early 2000s; skinny jeans hadn't been invented yet!) and my mother's tank top (she's always been hipper than me) and straightened my hair. I applied eyeliner and even padded my bra. When I got to school, no one said much at first, but the girls were looking at me with surprise and maybe even jealousy. When I needed a pencil in math, a hot boy lent me one. "Wow," his friend whispered. "She actually looks regular."

That snapped me out of it. Regular? Who wants to be regular, especially if it means taking an extra 15 minutes on your hair? Or pretending that you're not rereading *Madame Bovary* again or not crazy about your rabbit? If *regular* means pretending you don't have passions and style, count me out. It's not worth the pencil. At school the next day, the yellow clogs were firmly back on my feet.

When you dare to be different, it's like wearing a pair of glittery bunny ears or a sign that says, "Hey, guys!



Over here!" You've set yourself apart from the pack, and people—usually those wrapped up in their own stuff—will lash out. Criticism is an essential part of being human. Constructive criticism from smart, kind people who care about enlightening you can help us grow. But most criticism we receive isn't so constructive. It's the result of people in pain about what they perceive as their own failings. I listen to my loved ones and coworkers when they tell me I've disappointed them or could improve. I want my readers and viewers to tell me if my work upsets them. But the criticism born of others' insecurities? Ignore that. You don't need anyone telling you what your style, substance, or happiness should look like. You can be the judge of that.

GET TO KNOW

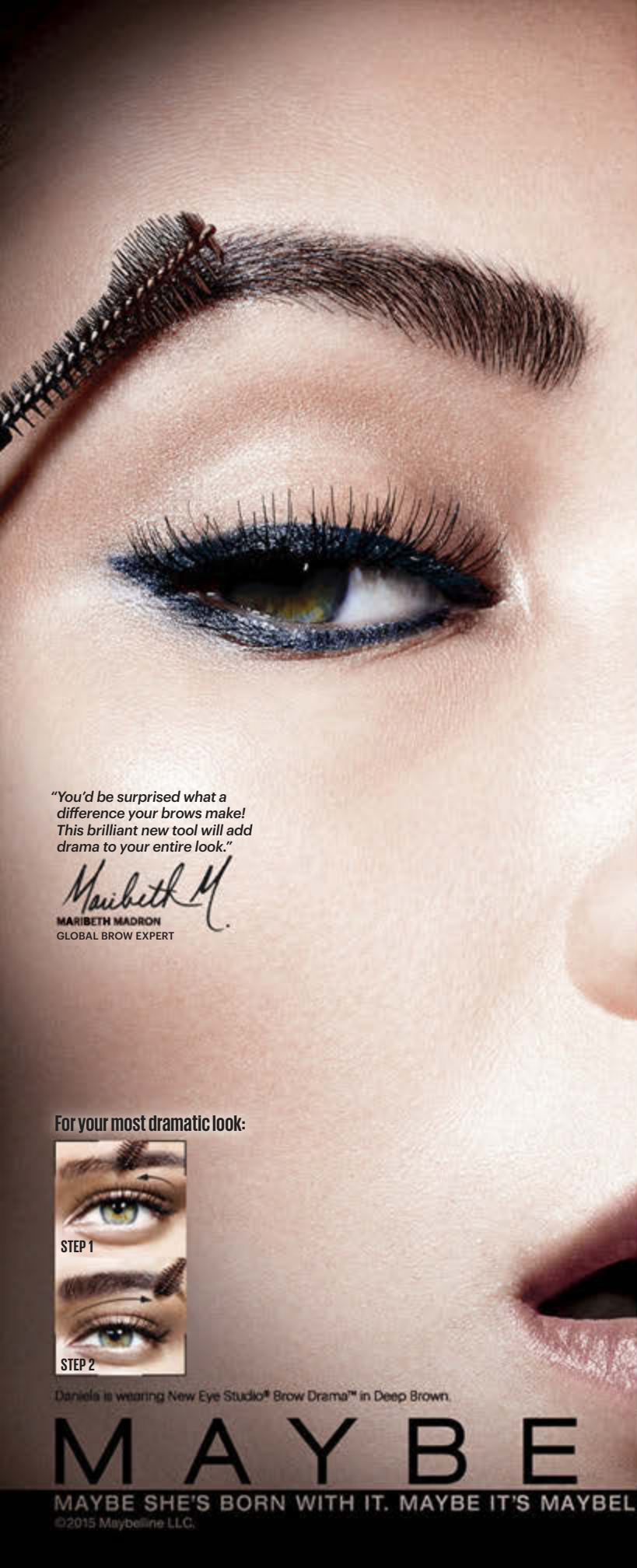
THE UNKNOWN

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